

# Life & Health

THE NATIONAL HEALTH MAGAZINE

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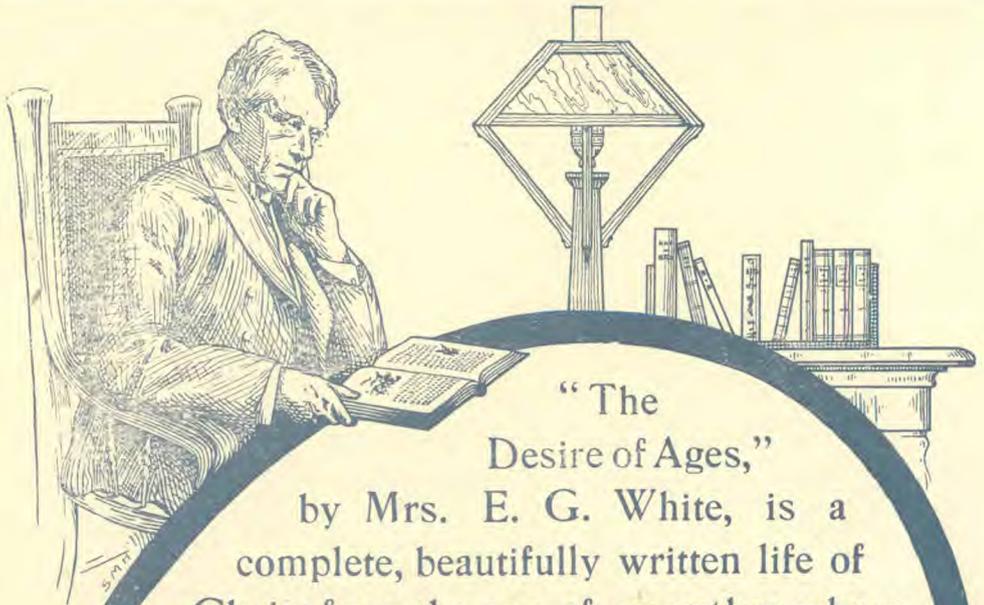


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## SEPTEMBER

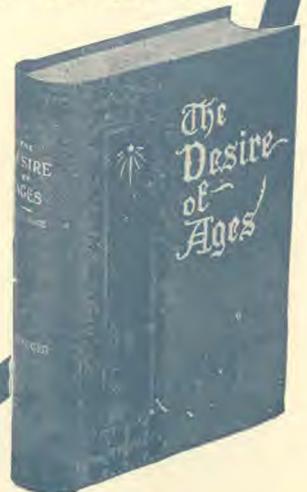
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# FOR OCTOBER

The October issue, while not neglecting the men and topics of general interest, will have a strong message by women for women.

Eva Ryman-Gaillard, in an illustrated article, describes what determined women in one town accomplished for town improvement. The article should be an incentive to women in other towns.

Florence L. Clark went to the Dakotas, took up government lands, and, while the surrounding country was settling up and her property becoming more valuable, her health was building up. Her article, "The Rest Cure for Profit," tells all about it, gives illustrations of her cabins, and may encourage some timid person to "go west, and grow up with the country."

Not infrequently close attention to business involves cares, irregular hours, and broken health. Not so with Mrs. A. G. M. Neil, whose article, "How One Successful Business Woman Kept Health," explains how a woman may achieve success, and yet not sacrifice health.

The months will be past in October when one can find no comfort except in a shaded hammock. No more appropriate time could be chosen, therefore, to form the habit of taking regular walks for the health. "Cross-Country Walks for Women," by Mary Alden Carver, tells how to begin, and where to find the incentive.

In addition there are articles by physicians on "Sick Headache," "Elimination and Disease," "The Modern Verdict Concerning Alcohol," and "Cancer, the Outlaw."

A timely article, in view of the rapidly increasing hold on the public which the motion-picture shows is getting, is "The Deadly Moving-Picture Show."

"A Message to Consumptives," by a man who, practically given up by his physicians, adopted a method of life which brought him rugged health and a long life, is another interesting feature.

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(See article by George Wharton James, "The Individuality of the Out-of-Doors," page 534.)

AIM: To assist in the physical, mental, and moral uplift of humanity through the individual and the home.

Published Monthly

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Washington, D. C.

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## Personal Talk by the Editor

Recently a number of manuscripts were received by the editor, which, though not adapted for "Life and Health," were in excellent literary form, and gave evidence of extensive reading and careful thought. On inquiry as to why the author did not submit this matter to some of the popular magazines, the following reply was received:—

"My dear Doctor,—

"I have disposed of an endless amount of matter in the thirty years I have been writing. I write as a pastime, intervals in other more important work [the author is a man of international activities and reputation], but anything in the nature of essay is not popular, save in a very restricted field, and my literary agents do not care to handle them.

"Sincerely yours."

Perhaps this is the experience of many writers. One would judge so by the character of the articles which go to make up the bulk of the magazines of largest circulation. If a writer has a serious message, he finds that about the only way he can succeed in administering it to a large number is by giving it in infinitesimal doses, well sugared. We have not found it necessary thus to cater to the readers of "Life and Health."

We present a varied menu this month. Mr. James, with his characteristic frankness, takes the reader into his confidence, and inspires in him some of his own love for nature and its various manifestations; and from nature he draws some profitable spiritual lessons.

We also give our readers the gist of the most important addresses delivered at the Convention of Mayors, Schenectady, N. Y. This counsel is by experts, on topics which in the highest degree affect our interests and the interests of our children.

The child is coming into his own. We are beginning to realize as never before,

the debt we owe the young. Two notable papers on play are given, one by Rev. H. T. Musselman, whose work with boys is national in its scope, showing the value of play in boyhood; the other by Dr. Gulick, who has been for years identified with the movement for the physical improvement of youth, showing how certain of the city departments—the school, park, and street departments—may provide opportunity for recreation and play.

One unfortunate class—the mentally afflicted—have always fared badly on account of the fears and prejudices of their relatives and others who should know better. Dr. Ferris delivers a message, "First Aid to the Insane," in behalf of these unfortunates.

Hon. Eugene H. Porter, who for years has been in a position which forced on his notice the relation epidemics of typhoid fever and other infectious diseases bear to ignorance and want of co-operation, has given excellent advice, which may be read with advantage by all who are in any way interested in having a healthy city.

Every dweller in a city or town is personally interested in having and keeping a health officer who accomplishes something in the prevention of disease. Dr. Goler, "the man who made Rochester famous," discusses the question of an efficient health officer, and tells what is needed in order to get and retain such a person in service.

The paper by Professor Winslow bears on another leakage in life, the unnecessary waste due to wrong industrial methods.

Mr. Hoffman, whose reports on the effects of the dusty trades in shortening life may be said to be classic, has given warnings which should be heeded, in order to prevent unnecessary loss of life.

# THE INDIVIDUALITY *of the* OUT-OF-DOORS

GEORGE WHARTON JAMES



NO ONE WOULD EVER MISTAKE A CALIFORNIA FOOTHILL SCENE FOR ONE OF ITS LAKES



NOBODY can mistake a landscape of the south of Ireland for a part of the prairies of Iowa or the forest-clad slopes of Michigan; nobody ever

looked over the expanse of the great lakes and thought he was in the savannahs of the South; no man ever mistook Niagara Falls for the Rhine, or the Bay of Naples for the harbor of New York. Neither did any human being ever imagine he was eating an apple when he ate an orange, or a lemon while he ate a persimmon, or a pear when he ate a peach. Every rose is different and distinct from every violet; and the callily from the poinsettia, the carnation from the Fuchsia, the orchid from the Cereus, the marigold from the poppy. No dog ever looked like a cat, or a burro like a cow, an elephant like a pig, or a deer like a buffalo. Every fly has its own individuality, and each creeping thing is distinct in its kind from every other creeping thing. No quaking-aspen is

ever taken for an alder, no pine for a poplar, nor an elm for an oak,—each bears the stamp and seal of its own kind. No mocking-bird's song is ever confused with that of the linnet, nor the voice of the thrush with that of the cuckoo. The skylark sings its own song; and the hermit-thrush and canyon-wren, the vireo and the robin, each has a voice that the world knows is its own.

Look at what you will, smell of what you will, taste, feel, hear what you will of the objects found in God's great out-of-doors, and each is itself, each is distinct, each is personal. And why? Is not the reason clear and self-evident? How could it be otherwise? Is not each object a clear and distinct representation of a thought of God? And how could God think indistinctly, unclearly, vaguely? If God has a thought, it is a thought, and as such must manifest itself sharp, clear, distinct, vigorous, detached, individual.

With man, sharp, clear, distinct, individual thoughts are comparatively the exception rather than the rule. Take our politicians: how vague their utterances often are. Who can tell whether

the Republican platform demanded a revision *downward* of the tariff or a revision upward. "He straddles," "He is on the fence," are expressions used often about politicians to express the vagueness of their thought, or at least the uncertainty of their avowed principles.

With scientists it is the same. Science changes yearly, until that which we believe to-day is wonderfully different from that which was taught yesterday. The science of geology of fifty years ago is a matter of laughter and mockery to-day; and if one were to propound to a class in astronomy to-day the ideas firmly held, believed, and taught by such eminent astronomers as Halley, Newton, Herschel, the youngest student would have no difficulty in proving them absurd and ridiculous in the extreme. The greatest botanical society of the world

is called the Linnean Society, after the great Swedish botanist, yet there is not a tyro in the study of botany to-day who does not know that his classification of plants was an incorrect and false one. And so with every science except that of mathematics. All have altered; all have changed; all have "progressed."

Has it ever occurred to you how much it means to you, individually and personally, as well as to all men collectively, that God's ideas are so real, so definite, so individual? What would become of mankind if God — for one short day — were to think vaguely, uncertainly, unsurely, as man so often thinks? With man we are ever uncertain. "He is a man of moods," we say; "look out for him!" "She is uncertain; beware of her!" But with God is no uncertainty, no moodiness; every thought is sure.

Do you see what I mean? What



THE LAKE SCENE IS DISTINCTLY ITSELF — DIFFERENT FROM MOUNTAIN, FOREST, PLAIN, OR CANYON

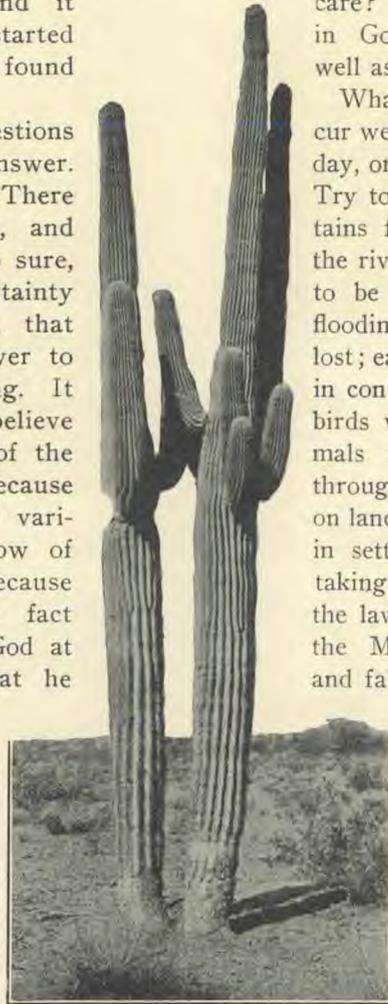
would become of man if when he reached out and took an orange from the tree and tried to eat it, he found it made of granite? or sought to step on granite, and found it made of jellyfish? What would result if he went to bed at ten o'clock at night and awoke next morning at seven to find the stars still shining, the "dipper" showing that it was still seven hours before daylight? What would he think if when he stepped from his house upon the lawn, it were to let him in, and he found it were water? or if he started to drink water, and he found it coal-oil?

You say these questions are too absurd to answer. Are they? Why? There is but one reason, and that is that you are so sure, so certain of the certainty and sureness of God, that you have not the power to conceive of his changing. It is simply that you believe in the "individuality of the out-of-doors." It is because in him is found "no variability, neither shadow of turning." And it is because of that unchangeable fact that you can turn to God at all times, knowing that he and all he has made is ever the same. How can we ever have fear of God when he is ever the same?

And it is this assurance that it is God's out-of-doors, that he controls and directs it in wisdom and love, and keeps everything stable and sure, that makes all life possible. We never think of oil-

ing the machinery of the earth, as we do the steam-engines, wagons, carriages, automobiles of man's manufacture. Who stands guard over the axles of the earth as the greasers and oilers do at the various section stations on the railways? Where is the man—or angel—hammer in hand, who taps the wheels of the earth to see that they are sound and in no danger of breaking? How is it that you never think it is necessary for this great world-machinery to need such care? Is it not because you rest in God's unchangeableness as well as his love?

What fearful chaos would occur were God to lose hold for one day, one hour, nay, one moment! Try to conceive it! The mountains falling, the plains arising, the rivers, lakes, oceans refusing to be kept within bounds and flooding everywhere; all order lost; earth, air, sea, sky, ocean all in confusion worse confounded; birds walking or crawling; animals flying; reptiles coursing through the air; fishes traveling on land; trees refusing to remain in settled locations; the clouds taking the place of the lawns, and the lawns ascending to the sky; the Milky Way disintegrating and falling; the planets swinging out of their courses; comets darting whither their unrestrained will led them; all the stars of heaven loosing their hold. Instead of harmony, peace, happiness, the whole universe would go crashing, jangling, roaring, tossing, amid fearful fire and flame, down, down, into the awfulness and horror,



COMPARE THE GIANT SAGUARO OF ARIZONA WITH THE COMMON GARDEN OR WILD FLOWERS FAMILIAR TO EVERY EASTERN CHILD

the dreadfulness of terror, of wreck and annihilation.

A few days after the San Francisco earthquake, I stood on Nob Hill and looked over the scene of the wreck and fire. I went up to Santa Rosa and down to Salinas, and followed the line of the disaster. On a map of California, a pen-and-ink line drawn almost directly from one point to the other, north and south, would locate and specify the territory seriously affected by the earthquake. Fifty miles on each side of that line its power and influence were unknown. Yet the horror of that earthquake and consequent fire thrilled the heart of the world. The shake upon that insignificant line—insignificant when the vastness of the world untouched by it is considered—turned the thought of every man and woman of all civilized

countries toward California and San Francisco. I saw the widest and deepest crack made by the earthquake, and a good athlete could easily have jumped across it. I saw the places where the earth's surface "buckled" with the motion, and a score of teams, under the direction of their drivers, would level them in a day. Had it not been for the fire that followed the earthquake, a month would have seen the damage repaired and the whole event forgotten. Yet what a stir we made about it! How it excited mankind! Why?—It was so unexpected, so novel, so strange. In other words, we have be-

come so assured that the world is God's and that he controls it, that anything that seems to suggest that it is not so, entirely confuses and disconcerts us. Men live the life of security because unconsciously they believe that "in Him we live, and move, and have our being."

Do you believe that every fruit, every flower, every tree, every bird, every insect, every animal is a visualized thought of God, an idea in God's mind? Do you see those two sparrows, English spar-

rows at that? They are not only worthless (so they tell us), but worse than useless. Yet Christ used them to point out this very moral I am trying to get at; namely, that if these inferior objects are individual thoughts of God, and he cares for them, you and I also are definite, distinct thoughts of his, and he, never slumbering nor sleeping,

watching ever over his Israel, never for one moment ceases to think of us, and toward us, and always for our good. What a gloriously helpful, stimulating thought this is! It takes away all discouragement, all disheartenment, and sends us on our way rejoicing.

Christ asserted that not one of these common, insignificant sparrows falls to the ground without our Heavenly Father knowing it; and, if it be one of his ideas, how can he ever ignore it? Then how much more does he care for us! how much more will he protect us, will he guard, and guide, and lead us, if we allow ourselves to be led! For we



WHAT A CONTRAST BETWEEN THE WATER  
HYACINTH AND GIANT SAGUARO  
OF ARIZONA



NOTE THE EXQUISITE ORDER OF THE ARRANGEMENT OF THE SPINES ON THIS DESERT MAMILLARIA, OR SMALL CACTUS

are made in his likeness, and are of more value in his sight than many sparrows.

Do you think that you are cast here into this world to fight your own battles alone? Do you feel disheartened, discouraged, dismayed at the fierceness of the conflict, the speed of the age, the selfishness of the combatants? Do you wonder how you can ever stand up under it all and keep on going? Let me whisper a word in your ear. Don't try to fight alone. Don't try to keep up. Quit the fierce, selfish, cruel conflict. It is not for you. Here is your mission: "Seek ye first the kingdom of God, and his righteousness." When you get up in the morning, start out with *that* thought in your mind; not, "I have to go and plunge into this awful warfare again." At noon, when you are at liberty to rest for a few minutes, remind yourself, "'The kingdom of God'—truth, love,

purity, honor for myself, and 'righteousness'—the giving of these things to all with whom I come in contact,—these are my mission, my business. I am not here to amass material wealth,—gold, silver, precious stones, and the like,—for what of them? These things are only temporary. There will be no pocket in my shroud, in which I can carry them away."

"All you can hold in your dead cold hand  
Is what you have given away,"—

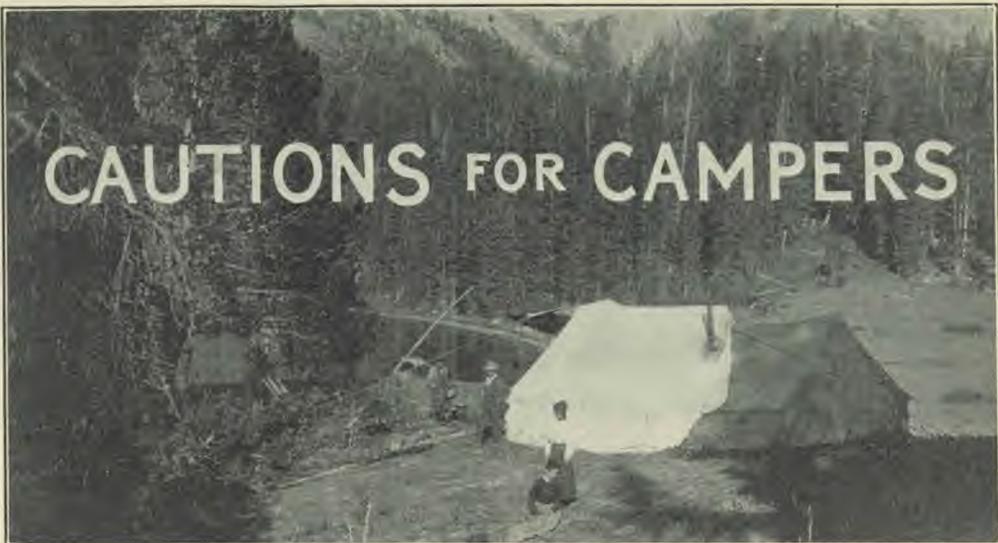
given away of love, of helpfulness, of brotherly kindness, of truth, of honor, of assistance to others.

And if every day's close enables you to sit down and say, "I have been enabled to-day to bless some weary soul, help some weak brother, guide some sinning sister; I have to-day battled with pride, anger, jealousy, with hatred, malice, evil-speaking, and have *overcome*," you have had a grand day,—a good day, a rich day, a blessed day, a glorious day,—for you have put into your bank-account something real, something permanent, something eternal, that no burglar can loot, no thief steal, no fire destroy.



COMPARE THE GOLDEN POPPY OF CALIFORNIA WITH THE MAMILLARIA

# CAUTIONS FOR CAMPERS



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**I**N many ways the life of the camper, the outdoor life, the simple life, is the ideal life; but connected with it are certain drawbacks which every camper should understand, else the health outing may end disastrously.

Certain diseases, such as pellagra, hookworm disease, malaria, and typhoid fever, are characteristically country diseases; not that they do not exist in the city, but that many city cases, when traced to their source, are found to have originated in the country. Much of the autumn increase in typhoid fever in the cities is found, upon investigation, to be in families recently returned from a country vacation.

Every farm well, every stream passing farms and settlements, every lake in settled regions, is possibly infected with the germs of typhoid fever. From what we now know of the life of the typhoid fever germ, it is not at all unlikely that there are numerous farmer families whose members have at some time had typhoid fever and are now immune, yet

constantly carry the typhoid germs, with which they infect the soil, and eventually the water supply.

In order to be safe, then, on a country trip it is the part of wisdom to establish a rule that no unboiled water shall be used for drinking unless it comes from a source that is above suspicion, or unless it has recently been analyzed and found pure. Water may be clear, cold, and sparkling, and yet carry the seeds of death.

The milk is another possible source of typhoid fever; but perhaps the danger here is not much greater than with city milk, except that some cities enforce some kind of inspection of dairies, and examine the milk bacteriologically at intervals. There is one advantage in the country; you can yourself inspect the dairy operations, and if the cows are dirty and are milked where dust is flying, if flies are thick and have access to the milk, if there is a general untidiness about the place, you may decide that you do not need any milk, or if you must have it, that it will be better to boil it.

All garbage and camp waste should be buried or burned. Otherwise it will attract flies. Soil pollution has been recently recognized as a fertile source of

disease, especially of hookworm disease and dysentery. The infection which transmits these diseases is contained in the discharges, and may contaminate water or uncooked vegetables, or, in the case of the hookworm, which infests the soil in certain Southern regions, may burrow into the skin of the bare feet.

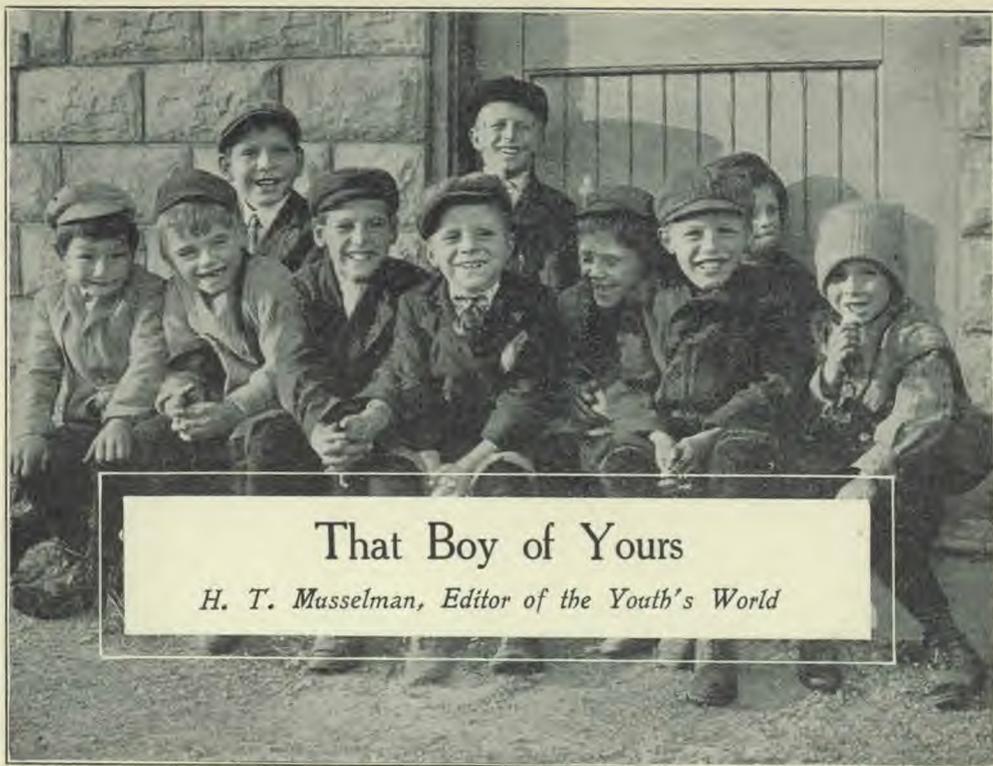
No camp should be located on soil which is so polluted, and every camp should have facilities to prevent such pollution. A place of retirement should

be provided with a pail made inaccessible to flies, and a supply of dry earth. Dry earth is a most excellent deodorizer, and should be applied liberally after each use of the pail. At intervals the contents of the pail should be buried well underground.

Avoid low regions and regions infested with gnats and mosquitoes. Do not camp where there is too much shade; it is better that the sun strike the camp spot part of the day.



BOATING ON THE SLIGO, GROUNDS OF THE WASHINGTON SANITARIUM



## That Boy of Yours

*H. T. Musselman, Editor of the Youth's World*

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### NO. 8—THE PLACE OF PLAY IN BOYHOOD



IN our talks together so far, we have seen that boy of yours from many points of view. Let us look at him now from the point of view of play. To see a boy at play is to see the whole boy, for in nothing is the fresh, free, frolicsome, and full spirit of youth so revealed as in play. He who has lost his love for play has severed forever the chief tie which binds his life to childhood and youth. Much of what we have said in previous articles deals directly or indirectly with the play life of the

boy, for the boy is a unit, and we can not discuss one aspect of his life without touching at times upon every other. Our desire now is to lead you to appreciate the place of play in boyhood and its value in the making of a moral as well as a muscular manhood.

The child plays because he is young.

He retains his youth as long as he continues to play.

If the man of fifty is young, it is because he plays.

The characteristic of normal youth is play-hunger.

This instinct, rightly directed, develops muscle, physical health, accuracy, precision, self-reliance, courage, and moral stamina.

It develops in the boy the good qualities of a vigorous manhood.

It retains in the man of declining years the vigor and the enthusiasm of youth.

As every one knows, the first instinct of childhood and youth is activity. The second, and closely related, is the instinct of play. Play, therefore, is the birth-right of every boy. Among the earliest actions of both children and animals are the play movements. The impulse to play is hereditary — com-

ing from out the boundless deep of by-gone racial life. Play is first of all the spontaneous expression of the spirit of our racial past in the impulsive putting forth of the motor habits of our ancestors.

There is a difference of opinion about the primary purpose of this blind or impulsive play, but all recognize its value. In these non-imitative plays the child or youth identifies his spirit and habits to some extent with those of his race. Thus he develops many of the protecting and defensive habits of his ancestry, which are a part of the resources of his racial inheritance. If, as some say, these play activities were once simply the activities of his ancestors used in the struggle for existence and support, they still have value for the boyhood of to-day, because they tend to develop efferent powers, powers for the expression of outgoing nerve-force. Furthermore, notwithstanding our highly developed civilization, many of these apparently useless motor habits of our ancestors are ever and anon found to be valuable in certain situations which may happen to any individual life. And, as suggested above, the development of these motor habits through play, recreates, as it were, the race spirit in the boy, and makes him one with humanity. Some one has said, "Man is only whole when he plays." Thus understood, play is the ideal type of exercise for the young—most favorable for growth and most self-regulating in both kind and amount. For its forms the pulse of adolescent enthusiasm beats highest. It is unconstrained, and free to feel any outward or inner impulse, and the zest of it vents and satisfies the strong passion of youth.

But there is another value for this impulsive play movement in the life of the boy. In a previous article we have seen that the muscular interests predominate in boy life. Every muscle is quivering

with a desire for motion. Gymnastics, sports, games, cross-country tramps, running, climbing, and swimming are all supreme things in his mind in the days of youth. Now this passion for muscular exercise, which finds its chief expression in play, is nature's call for the development of the muscles which are the servants of the will in the work of the world and in the struggle of courageous character; and play is the chief instrument which she uses in this muscular development. The first preparation for any work is play. The blind kicking of the baby's legs and the impulsive waving of the baby's arms are not blind to the all-seeing eye of mother nature, but are her first efforts in the formation of strong legs and strong arms for the burden of work in later years. Play, then, even of the impulsive kind, creates instruments for the use of the brain and nerves and mind in their direction of the activities of the world's work. When we remember that muscles, which constitute forty-three per cent of the average adult male human body, express a large part of the energy of the adult body, and further that they are the tools which the nerves and brain use under the direction of the mind, we can begin to appreciate the value of play in building up these great servants of humanity. In a most intimate and peculiar sense they are the organs of the will, and some have even called them the organs of thought.

Many of the plays of childhood and youth are imitative plays, and are valuable not only for the pleasure they give, but because they are filled with activities useful in later work. Thus, in specific ways, the imitative plays prepare for the duties of life. The impulsive plays develop principally the basal muscles, while the imitative plays develop chiefly the specific muscles. When we realize the wide use that the specific muscles have

in the division of labor of our civilization, we feel something of the value of play in its work of developing these muscles. We should like to go into this subject in detail, dealing with different kinds of play which contribute toward the education of the child or youth for the specific tasks of later life, but our space forbids. We urge our readers to study the whole question for themselves.

There is another place for play in boyhood, and that is it tends to crystallize and preserve the spirit of youth in later manhood; and if, as Jane Addams says, the spirit of youth is the most precious possession of the race, this is no mean contribution. "All are young at play, and only in play, and the best possible characterization of old age is the absence of the soul and body of play. Only senile and overspecialized tissues of brain, heart, and muscle know it not." It is here that we may see the value of play as a mental stimulus, and come almost to believe with the one referred to above who said that muscles were the organ of thought.

Still another use of play in the life of the boy is its moral value, and this is far greater than the average parent or worker with boys is apt to feel. Indeed, much of our work with boys in religious and other lines would be more successful in character building if we recognized more the spirit of play and used play activities more in connection with our work. The strength of any mental ideal is in the amount of muscular and nervous force one can bring to its service. A sound mind in a sound body is the only absolutely successful moral guaranty. As Stanley Hall, with wonderful insight into the needs of youth, has well said: "Play, at its best, is only a school of ethics. It gives not only strength, but courage and confidence, tends to simplify life and habits, gives

energy, decision, and promptness to the will, brings consolation and peace of mind in evil days, is a resource in trouble, and brings out individuality."

Surely, in the light of what has been said above, you will come to feel the necessity of providing play for that boy of yours if you would make the most of him. Especially is play needed at this early adolescent stage of his life, which is the stage we are discussing in these articles. A correct motor form is the most economical way of doing things, but the early adolescent age is the age of wasteful ways, awkwardness, mannerisms, and tensions that are a constant leakage of vital energy. Properly directed, play will help to turn all these things toward valuable developments in the boy's muscular and mental life, establishing correct and helpful habits. We repeat, then, provision must be made for play. The home, the school, and the playground forces must all work together to provide for this play. Fortunately, we are on the eve of a great play revival in our modern educational work. The study of childhood and youth and their needs for the last thirty years has turned the eyes of the world toward the child. The playground movement was, therefore, inevitable. Whenever we look from the adult as the center to the child or youth as the center, we are bound to see that play is one of the supreme instruments in the education of the race.

We have said enough to call the attention of every wise parent and worker with boys to the place of play in boyhood, and that is all that the space allowed for this article permits us to do. Our one hope is that it may lead every one of you to feel great sympathy with the eager play spirit of the boy, and to see that your boy is given proper place for play in his life.



# Municipal Aspects of Rest and Recreation<sup>1</sup>

*Dr. Luther Halsey Gulick, President of the National Playground Association*



ONCE the librarian regarded it as her business to protect the books, and if one desired to obtain a book, there was a great deal of red tape connected with the transaction. The idea of the modern librarian is to

promote reading. We have a little branch library down at Seward Place, New York City, with a very skilful librarian, who interests children in reading. After school, two or three hundred children line up, and inside of forty-five minutes every book on the shelves is gone. Those books are soon worn out, more books must be bought, and

that means more taxes. If the librarian is for the promotion of reading, this librarian discharges her function; if for the protection of books, to lock them up is much cheaper than to provide a librarian.

A generation ago (it is still so in some

cities), the park superintendent was there primarily to protect the park. The modern notion is that the park superintendent shall have the same relation to the park that the modern librarian has to the library; he is to promote the use of the park, just as if there were money in it for him, just as if it were a Coney Island Park or Luna Park. There are certain cities whose park superintendents

have maps of their parks, and keep track of the number of people using the different parts of the park. If a part of the park is relatively little used, he thinks up some scheme to get more people to use that part; and within a few years he may increase more than three times the number of people using the same acreage of parks. That is

of more value to a city than to acquire three times as much park space. He is working his factory at a high state of efficiency. He is a promoter of the use of the public parks for recreation.

There are three city departments which have an inherent relation to recreation: the school department, the park department, and the street department. We have organized the Public School

“Four years ago there were 90 cities in America that started playgrounds on public taxation. Three years ago there were 137 cities that had playgrounds supported by public taxation. People in charge of the playgrounds are paid just as the teachers in the public schools are paid, by public taxation. One year ago there were 336 similar playgrounds. Cleveland, during the last ten years, has spent forty million dollars on its parks. This raises the questions: Where are we going? What place has this innovation in city government? What does it mean? Are we going crazy over it? How far are we going? What are its limits? What is its place? What is its relation to the city as such?”

<sup>1</sup>Part of address delivered before the Conference of Mayors to Discuss Municipal Health Problems, held at Schenectady, N. Y., June 23, 24, 1910.

Athletic League in New York City, because we discovered the kind of athletics the boys were doing was bad for them, taking the biggest and strongest and best - developed boys and giving them all the training, and leaving the rest of the boys without training. So we invented other kinds of athletics. We

studied and promoted. It was not a question of acquiring more land; it was not a question of acquiring more property; it was not a question of acquiring more time; it was a question of securing a more efficient administration of the existing school machinery. At one time, in New York City, out of a total of some eight hundred men teachers, more than three hundred sixty, without compensation or official recognition, stayed a part of one or more days every week to help coach those boys in athletics. We took that machinery, and discovered ways to administer it so as to get more good out of the same money, out of the same plant, out of the same time. Recreation to that extent is inherent

Dr. Gulick has long been identified with the movement to build up a better type of manhood. As physical director of the New York City public schools, he has performed a lasting work for the benefit of the youth of that city. As president of the Playground Association of America, he was instrumental in adding materially to the impetus of the playground movement, both in his own and in many other cities. His book, "The Efficient Life," is one of the sanest books on practical hygiene ever issued.

in education; no outside body, no citizens' recreation committee, no playground commission appointed by the mayor could go to the schools and take over their recreations. They belong in the system.

The second department which has inherent recreation facilities is

the park department. I have already referred to the idea of studying and promoting the parks just as you would any commercial concern. But this beneficial utilization of the public parks is not going to come about by accident, nor by untrained common sense. It is a technical, professional work, just as technical as calculating the stresses and strains of the members that support the roof of a large building.

The third department which has inherent recreation facilities is the street department. I always hesitate before plunging into this subject, because it seems so obvious that what the streets are for is traffic. But children have always played on the streets. There is no city in this Union, no matter how drastic its laws, no matter how many



LUTHER HALSEY GULICK, M. D.

boys are arrested each day, where the children do not play in the streets. We arrest fifty boys a day in New York City for playing baseball in the streets, but it goes right on.

We should remember, however, that we have set aside certain streets for social functions; for instance, the Board Walk, Atlantic City. It does not start anywhere, nor end anywhere. It is a social function street. What are paths and streets through the parks for? Occasionally one goes through the park for the purpose of getting through, but that is not legitimately a part of the park. Most of the paths and streets in parks are social function streets.

There is no reason why marbles, tops, blind man, and similar games should not be played on streets which are not traffic streets. There is every reason why they should *not* be played on traffic streets.

On West End Avenue, in New York City, a very interesting thing came up two years ago. It is beautifully asphalted, and is rather an exclusive residential district,

and young people began to go there in great numbers to do roller-skating in the afternoon and evening. Mixed with them were a few "undesirable citizens," who would climb up on the stoops and ring the bells, and make themselves a nuisance, so that the people complained, and the skating was stopped. But such a pity! Why not stop the people who were doing the damage?

There was no through traffic on that street. Why not stop such abuse, and allow the social use of streets, either at certain hours or on streets that are not at all used for through traffic?

On a certain street, little used, not more than half a dozen wagons going over it in the course of the day, the boys are using a soft ball and playing playground ball, and a policeman comes along and arrests them. It is true they are violating a city ordinance. They ought not to do it. Aside from the city ordinance, what harm have they done? What right has a boy in that city, any way?

I believe that if the mayor of any city would call to  
(Continued on  
page 578)

### GIVE THEM A PLACE TO PLAY

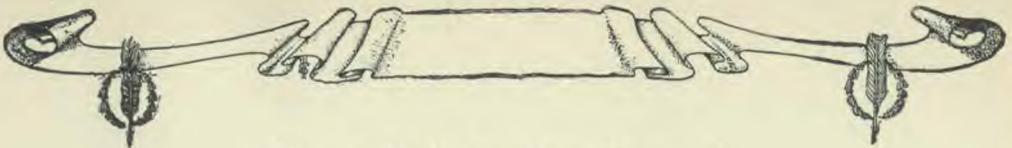
Plenty of room for dives and dens  
(glitter and glare of sin);  
Plenty of room for prison pens  
(gather the criminals in);  
Plenty of room for jails and courts  
(willing enough to pay),  
But never a place for the lads to  
race,—no, never a place to  
play!

Plenty of room for shops and  
stores (Mammon must have  
the best);  
Plenty of room for the running  
sores that rot in the city's  
breast!  
Plenty of room for lures that lead  
the hearts of our youth astray;  
But never a cent on playground  
spent,—no, never a place to  
play!

Plenty of room for schools and  
halls, plenty of room for art;  
Plenty of room for teas and balls,  
platform, stage, and mart.  
Proud is the city—she finds a  
place for many a fad to-day;  
But she's more than blind if she  
fails to find a place for the  
boys to play!

Give them a chance for innocent  
sport, give them a chance for  
fun,—  
Better a playground plot than a  
court and a jail when the harm  
is done!  
Give them a chance,—if you stint  
them now, to-morrow you'll  
have to pay  
A larger bill for darker ill; so give  
them a chance to play!

— Denis A. McCarthy.



## First Aid to the Insane<sup>1</sup>

*Albert Warren Ferris, A. M., M. D., President of New York State Commission in Lunacy*



MIDWAY between the home and the State hospital there must exist some agency for the care of the mentally disturbed, pending their proper disposition. Some haven must be open for their immediate reception. It should not be the poor-house, and it should never be the jail.

It is a blot upon our civilization that the mentally afflicted should so often be treated as if they were paupers or criminals.

In 1806 an act was passed by the State legislature providing for the erection of additions to the New York Hospital, a general medical hospital, "particularly to provide suitable apartments for maniacs, adapted to the various forms and degrees of insanity." Yet to-day, a hundred years later, we read in the newspapers of "persons charged

with insanity;" "insane offenders," and "insane prisoners," not sent to hospitals but locked in jails as if guilty of crime — a distinct retrogression in the conception of the most unfortunate of illnesses.

Shall we speak of a man in the delirium of typhoid as a "typhoid offender," or a "prisoner suspected of typhoid"? By what moral right is an

insane person who is charged with no crime considered as or treated as a "prisoner"?

It is a curious survival of barbarism that the evidence of a disordered mind should be considered as "disorderly conduct," and afford opportunity or excuse for arrest by the constable or the policeman. If a policeman encounters a citizen who is shouting in the street, and ascertains that he is suffering severe pain, the officer conducts him to a

hospital for treatment. But if he ascertains that the citizen is suffering from mental disorder, the officer takes him to a jail or a lockup, and later, "charged with insanity," he is taken before a magistrate after being held in "the pen"

Dr. Ferris, an expert in diseases of the mind, who has shown himself to be a firm sympathizer with the unfortunates who have become mentally diseased, is working to the extent of his ability to overcome the unreasoning and almost brutal prejudice and fear that commonly dictates the policy to be pursued when an individual shows signs of mental alienation.

His address to the mayors and city officers will repay a reading by every one, for any of us may have some day a close friend or a relative thus unfortunately situated. If we realize that subjects of mental disease still have a mind, and that they are sometimes even more keenly sensitive to any indignity than a normal person; if we realize that the treatment in the early stage may affect favorably or unfavorably the patient's recovery, we will understand the importance of the warning by Dr. Ferris.

<sup>1</sup> Read at the Conference of Mayors. (Abbreviated.)

with criminals of all kinds. Timidity, custom, and indifference are responsible for this inhuman treatment of the sick. The absurd fear of the insane, which has been inculcated by example for generations, occasionally leads the peace officer to use an unwarrantable restraint and a brutal manner toward the poor sufferer, generally weak and confused, often in abject fear.

Violence of the patient is generally in direct proportion to the violence of the captor or keeper.

The *California State Journal of Medicine* reports an interesting instance of cowardice in the treatment of an insane person. A perfectly harmless patient was first tied about with a rope, then rolled in a mattress, and this in turn was carefully roped, something over one hundred feet of rope being used to tie a harmless sick person, in order to transport him to a hospital.

Magistrates in certain cities in New York State follow the path of least trouble to themselves by sending an insane person to jail, to be returned in five days. In some probably recoverable cases death has occurred under these circumstances, following this mistreatment. In an instance that came to my knowledge, an insane man was taken into a magistrate's court by a policeman who had arrested him, and was remanded to jail by the magistrate, to be brought back to court in five days, and while waiting his turn in "the pen" with several criminals, he died of starvation. People who were present, say that the man appeared to be insane to every one but his honor, the magistrate.

In all jail cases, positive damage is done to the patient. The early impressions of the mental sufferer are deep and lasting. To be arrested and confined in jail suggests accusation of crime of which the patient knows he is innocent. Hence arise delusions of conspiracy and per-

secution which are very difficult, if not impossible of eradication. Borderland and undetermined cases, including psychasthenics with their doubt, dread, fear, inexplicable terror, anguish, or agitation; and also those who suffer from delirium of fever, are much damaged by incarceration in cells prepared for criminals in the ordinary jail.

It is not the worthless, useless, idle, or vicious members of society that furnish us with the larger number of insane people. The insane are largely recruited from among the valuable part of the community. In New York over seventy-seven per cent of the patients received into our State hospitals were engaged in work above the grade of day labor, or were the wives or minor children of men so occupied. In aiding these people, the State has given aid to those who most deserve it; to those who in the past were wage-earners and taxpayers.

Statistics show that patients are not received early enough, or are subjected to devitalizing influences prior to admission. The earliest treatment is often the most important. All disturbing and distressing influences, all confusing and fatiguing agencies, should be prohibited. The tenderest nursing is essential from the start, if the full number of possible recoveries is to be reached. Yet in New York State over five hundred patients have been brought annually to the State hospitals from jails and lockups. In many cases their condition in the jail has been deplorable and heartrending.

The remedy is, first, to take measures that will ensure that the responsibility for the earliest care of the mentally affected should be laid upon health officers and not upon poor-law officers; and, second, to provide psychopathic wards or pavilions in connection with general medical hospitals in all cities and large towns.

Superintendents or overseers of the

poor should not be in charge of alleged insane persons. Insanity is a form of illness, and these patients should be cared for by health officers in the first instance. When no suitable place has been provided, a health officer will secure a room in a boarding-house, or with a family, in which the patient may be placed in the care of a nurse till admission to a State hospital can be arranged. No physician will lodge an insane person in jail; but he will provide a safe and comfortable place for temporary accommodation, and proceed with haste to secure medical examination, and apply early for commitment to a State hospital. Thus, without alarm or brutality, without the demoralization following arrest and jail life, without undue restraint but under the care and quieting influence of a nurse, the patient will be tided over the confusing and distressing period of transfer to a strange place without resulting mental damage. Emphasis will have been placed on illness, and no suggestion of crime will have been made. A bill providing that a health officer and not poor-law officers shall take charge of the alleged insane pending commitment has passed the legislature, and been signed by the governor, forming chapter 608 of the laws of 1910.

The entire avoidance of undermining influences will be secured if psychopathic wards or pavilions, attached to general hospitals, are available. A psychopathic ward is not a room for the detention of vagrants or drunkards. A cage with a bed in it and a keeper outside does not constitute a psychopathic ward or a proper place of detention for the sick.

A psychopathic ward consists of a number of single bedrooms opening upon a corridor or short hall, with abundance of light and ventilation, with ordinary furniture, bedding, and equipment, with convenient water-sections providing bathing facilities; with nurses

(women, with few exceptions) in uniform; with plants and flowers supplied with discretion.

The patient should have, if possible, better quarters and more comfort than he has at home. The ministrations should be noticeably personal, kind, and encouraging; the food should be appetizing and attractive; medical care and nursing should be as complete as in the case of any other grave form of illness, with a view to saving every ounce of the patient's strength, physical and mental. Separate provision for possibly noisy cases should be made in small detached annexes, reached by means of corridors. In all hospitals furnished with psychopathic wards or pavilions there should be a resident physician on call at all times.

The function of the psychopathic ward or pavilion is to provide a proper place for the reception and temporary detention of the alleged insane, pending their proper disposition; to receive borderland or undetermined cases for observation and decision; to care for cases of symptomatic delirium and the like. In all instances the benefit of the doubt should be given to the alcoholic case. A grave psychosis may be masked by alcoholism.

It is an important fact that the medical care of the insane should begin before the time when sufficient mental change has occurred to make a commitment possible. The initial care and treatment in the psychopathic ward is therefore of prime importance. But such care is purely initial, not protracted. Without full equipment for the treatment of the insane and without the constant attendance of a resident psychiatrist, protracted care should not be undertaken.

Dangerous statements have been reported to the effect that the insane are of two classes, one class comprising acute

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# State and Local Health Authorities<sup>1</sup>

*Hon. Eugene H. Porter, State Commissioner of Health*



**S**ANITATION, with all its wealth of scientific achievement, with all its earnest and able workers, would never have made such rapid ad-

vance without the aid of an aroused and partially emancipated public sentiment. When many men thinking independently come to the same conclusion, action is likely to follow; and when men so thinking demand facts and carefully weigh the evidence, there is likely to be some action along right lines. Education, as has been said, is the dynamite of our civilization. It has broken some of the follies of superstition and ignorance, and will break many more.

So education in sanitary science had not progressed very far before it was perceived that a great door had been opened for general betterment,—not merely the stamping out of epidemics, disposal of sewage or investigation of water supplies, important and urgently necessary as these are, but that wider field, embracing all that makes toward the absolute prevention of misery and disease, came clearly into view.

And so there came into being that great and increasing number of societies

and organizations devoted entirely to changing the old order of things, working always for clean cities, clean homes, clean air, and also, therefore, for clean morals.

These societies that look after proper playgrounds, sufficient parks, decent tenements, pure food, clean streets, efficient factory supervision, protection of child labor, care of working women, pure water, tuberculosis, and many other things are all playing a most important part in the great struggle of the new against the old, of knowledge against ignorance. Deprived of the aid and strength of these auxiliaries, sanitary science would

have halted and stumbled much more than it has now. These societies are almost always composed of laymen and not of trained sanitarians. This is most significant, for it shows how rapidly education in sanitation is progressing.

If it is true that at times the enthusiasm of some of these lay workers remains untempered by judgment, and that they seem to prefer occasionally to work against rather than with the health officials, and so miss the greatest possible effectiveness, that should count but little against the immense amount of good work they are doing. Their appearance and continuance is one of the most significant signs of the times.

But after all, if we are to have this real sanitation, the sanitation of a

## THE ESSENTIALS

1. Mutual knowledge and understanding between State and local officials.
2. Elimination of politics and waste in city government.
3. Education, particularly of the younger generation in the public schools, in hygiene and sanitation.

<sup>1</sup> Read at the Conference of Mayors, Schenectady, N. Y., June 23, 24, 1910. (Abstract.)

wider view, we must widen the vision of the people; for the great problems before us in sanitary science must be solved by experts. It is not a question, then, of what our laws will do for us, or our legislatures do for us, or our courts do for us. The question is, What will our schools do for us? It comes to that in the last analysis; for if we are to reach our final goal, we must have a greater efficiency, a greater sense of justice, a greater self-sacrifice, that must come from a higher type of citizenship. So the duties and responsibilities of a health department are not only changed, but they are very greatly increased and constantly changing.

To cause the citizen to do the things he can and ought to do, and then do for him the things he can not do, which should be done, is the duty of the State.

The entire system of health supervision and control is inseparably bound together. The highest efficiency can only be obtained by co-operation. The basis of this co-operation must be a general sympathetic and intelligent comprehension of methods adopted and results desired. This is precisely the relationship that should exist between the local health authorities and the State health authorities. When it is clearly seen that one can not hope to fully succeed without the other; when it is cordially recognized that interests are mutual; when antagonisms born of ignorance are replaced by the confidence that comes from wider vision; when political domination is stamped out; when none but competent and trained sanitarians possess authority in health matters, then will come that perfect adjustment and inter-relationship of local and State health administrations that we are anxious to attain.

Economy in health matters is generally, not always, parsimony, born of ignorance and selfishness. This reluctance

to expend reasonable sums for the public health is not a flattering reflection on our vaunted modern civilization.

The evidence is conclusive that in municipalities, counties, States, and national government itself, there is a vast and growing amount of extravagance, mismanagement, and waste in the administration of public business that is even now a burden to the country — a condition that in large measure is the fault of the system and not of the men — so there is not enough money for the health departments, playgrounds, clean streets, pure water supply, proper sewage disposal, and the other needed sanitary reforms.

There is another burden of which we must rid ourselves in order to have desirable results. Politics must be driven out, and kept out, of every health department, national, State, or municipal. If efficiency of health administration is to be expected, politics must play no part. The men to serve the public health must have had special and technical teaching, fitting them for the duties required by the science of sanitation. They must be experienced in the practical workings of an actual health department. The tenure of office in a health department should be dependent on efficiency and good behavior, and on these alone. Should politics dominate the policies of local health authorities, or should the State authorities be controlled by politicians, harmony of action would be impossible.

But the combined administrative strength of all our health divisions, both State and municipal, will never reach its fullest efficiency until we invoke the power of education and sanitation.

We are just beginning to realize the lack of trained men among us. This is shown by the great difficulty of finding capable men to fill responsible positions. The preliminary training is wanting. We have a great educational machine,

that does not train men in the things related to the lives they must lead. The great mass of our citizens begin life's work when and where they can. They bring to this work a smattering of knowledge, very little of which is in any way directly applicable to the every-day facts and practicalities of life. So the boy or the girl in the country learns nothing of the science and art of agriculture; the boy in our city schools learns substantially nothing of the fundamental principles of the mechanical arts; neither country nor city child is taught anything concerning disease and health; and we are justified in demanding that our schools give this necessary life training. These are some of the things our boys and girls must know to save their own lives, and in order that they may, as trained and intelligent citizens and sanitarians, save the lives of others.

The work of any health department to-day is regarded with cold indifference by a majority of our citizens. Public sentiment is often opposed to very urgent and necessary sanitary measures. The present generation — untrained, uninformed, and so in unregenerate contentment with present evils — is inert and unresponsive. The trouble is they do not understand. We can let the light shine on a few of the adult generation, but it is the children that we must get after. Teach the children of to-day, and the fathers of to-morrow will enlist in the army of progress.

So the third point I would make is: That we demand that sanitary science and public health be adequately and properly taught in all our public schools, and that we begin at once our own campaign of education among our people.

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## First Aid to the Insane

*(Concluded from page 549)*

and recoverable cases that may be treated in an ordinary general medical hospital, and the other class comprising the irrecoverable cases who should be placed under custody in State hospitals. This idea is born of ignorance or prejudice. It is very difficult to predict regarding recovery of a patient. Very frequently cases that appear recoverable never emerge; while a few others, after six or even nine unbroken years of mental derangement, make a recovery. The possibility of rapid recovery should not be jeopardized by prolonging general hospital treatment beyond the stage of first aid.

The treatment of the special State hospital, with its exhaustive search of personal or family history, its consultations in meetings of resident medical officers over each case personally and re-

peatedly presented, its psycho-analysis, its prolonged baths, its therapeutic occupations, its many industries, its classes in calisthenics and folk-dances, and its varied entertainments,— this should be the treatment afforded the patient at the earliest day possible.

Moreover, in New York State, prolonged treatment in the psychopathic ward of a general hospital is unlawful. But all the agencies mentioned are less effectual and less rapidly successful, if neglect or harshness at home, or if arrest and lodgment in jail have preceded the admission into the special State hospital. The psychopathic ward is a most important link in the chain; a most essential agency for the early protection and conservation of the recently developed or the recently discovered case of mental impairment.



# How to Get and Keep Competent Health Officers<sup>1</sup>

Dr. George W. Goler, Health Officer, Rochester, N. Y.



IN approaching the problem of the selection of a health officer, it must be conceded that he must be drawn from the ranks of the medical profession, and that he must be a physician with special training in sanitation and hygiene. He is the man who must teach people about the preservation of health and the prevention of disease. What training for such a career has he had in the medical schools, with their limited sanitary and hygienic curricula? The great profession of medicine in the past, and even now, bases its teachings on the old principle of the cure of disease: while the new medicine will have to cast out some of its cure forms and emphasize the prevention of disease. The men taught in the older schools of medicine still think about the sick: the men taught in the schools to be, will think about the well.

But while the medical schools still retain much of the old therapeutics, and their teaching is still concerned with the healing of the sick, out of the teaching of the schools and among the men so taught you will have to find your health officer.

<sup>1</sup> Condensation of a paper read at the Conference of Mayors. Dr. Goler has won for himself national fame because of his strenuous fight for the improvement of health conditions in Rochester. At the conference he was referred to by one speaker as "the greatest asset that Rochester has,"—a magnificent compliment, but probably not far out of the way.

and train him; and you will have to catch him young.

What is it that is desirable in the health officer? Not only must he be a man of robust physique, with a body the ready servant of the will, but he must also have the ability to teach the truths of the new medicine. His knowledge of the new medicine must be firmly grounded upon the fundamental principles of physics, chemistry, and biology; upon the interrelation between the life processes of the simple forms of plant and animal life, and the higher life, the life of man. He must not only comprehend these truths, but he must also be able to teach them to individuals and to groups. He must know not only the history of his own department of knowledge, but he must know also the history of civilization. He must have what the Germans call *Erdkunde*. "He must know the earth, what is in it, on it, around it." He must know, too, the history of man: how he has passed from the simple life of hunter, fisher, and herder to the complex life, and from field and farm to factory and office, so that he may teach people that as they change their modes of living and go from the country to live in the cities, new modes of living will become necessary, and new practises absolutely essential to health.

To the health officer the solution of problems relating to ventilation, water supply, plumbing, drainage, sewerage, the removal of wastes, ashes, garbage and rubbish, the removal of dust, the prevention of noise, provision for hous-

ing, prevention of congestion, the production, transportation, and preparation of food, the prevention of disease, the systematic collection and interpretation of the causes of death, of which we know little, and the gathering together of the causes of sickness, of which we know less,—these, and many other associated problems must be his for solution. In his work he must early recognize that there is an old sanitation as well as an old medicine, and that in the old sanitation there are objects of fetish worship, such as sewer-gas, disinfection, and quarantine, with other analogous anachronisms and superstitions, that must needs disappear and give place to newer, more modern, less harmful, less expensive and restrictive practises based on the newer teachings of the great masters of modern hygiene and sanitary science.

One of the chief difficulties of to-day with the health officer as well as with the health office is that both he and it have no simple concrete program of public health to present to the medical profession and to the people. One health officer says to the profession and the public: Pasteurize all milk. Another says: Away with Pasteurization: it's a fraud. One says: All the persons in the house with a case of contagious disease must be absolutely quarantined. Another says: All quarantines are folly. One says: Disinfect after every conta-

gious disease. Another says: Disinfection is a survival of the practise of the Middle Ages. One says: All plumbing must be tested by the peppermint or smoke test: all houses must have their plumbing trapped, and all traps must be ventilated through the roof and at the sidewalk. Another says: All but fixture traps are unnecessary, and back vents are but devices of the plumber to sell pipe. Better back-vent your children's noses and throats, and let the plumbing alone.

Now just as long as we have such widely divergent views, neither the profession nor the public will have much respect for the health officer. The health officer must, therefore, be among those who will help to make a program of public health that will appeal alike to the modern sanitarian, the

**The ideal health officer must be a physician who has had a thorough training while still comparatively young, in the newer preventive medicine.**

**He must have a program that will appeal to the public, and must be able to teach individuals and groups.**

**He must be capable of planning and executing new and perhaps unpopular undertakings having in view the health of the public.**

**He must be able to safeguard the child from its first inception, through the days of infancy and childhood.**

**He should be well paid, and should be encouraged in his efforts to increase the efficiency of his department.**

medical profession, and the public, — a program that will not only help to settle those questions of sanitation already referred to, but will also deal clearly and concisely with the questions of preventive medicine as they relate to the child, the care of the expectant mother, the uncared-for gap in childhood from birth to the time the child enters school, and the institution and conduct of that kind of medical school inspection and school nursing that will have to do with the orderly examination and record of the different phases of the physical development of the child.

In dealing with the child he must be

able to form concepts of what might come to pass in a new order of hygiene and sanitation when as much attention is given to the health and life of the child as we now give to the preservation of the life and health of plants and animals. He must be able, under a better condition of health administration, to make safe the birth of a child from the perils that now surround it; to provide means for preventing gonorrhoeal blindness; to see the relation of clean food to the digestive tract; to view clearly the early dangers of adenoids and tonsils to health and growth; to know the dangers of the infectious diseases, their bearing on development, and their influence in lowering weight and stature; to sense the relation of children one to another in the school and at play; to follow the budding sex development and turn the thought of the child into proper channels as soon as it begins to inquire into the origin of being; to follow it through the various paths of development; and to teach, guard, direct, protect the growth of the child until it becomes a man or a woman.

When you come to select a health officer, consider the problems, both sanitary and hygienic, that are crying out for solution. Ask the candidates for the position what appears to them to be the principal problems of the city,

and their scheme for solving them. Ask each candidate to write an essay discussing these questions and giving in detail his plan of solving them, with the mode of administration and the cost involved. In other words, every applicant should be asked to include in an essay not only a plan for the solution of the public health problems of the city, for which there is immediate and pressing need, but also a program of public health, administrative control, and the cost of such a plan. In this way you will be most likely to discover the man you want for your health officer. Such a man you must have, and such men are to-day getting the basic foundation of such training in the medical schools. It only remains for them to secure such postgraduate work in the laboratories of hygiene and in the schools of social service as will fit them to learn to practise and to teach the hygiene and sanitation that we desire in present-day work.

But the modern health officer, aside from the scientific training in medicine and social service necessary to fit him for the practise of this arduous branch of the new medicine, must be possessed of that executive ability, and enthusiasm tempered with judgment, which will enable him to conduct successfully an office pregnant with



GEORGE W. GOLER, M. D.

possibilities for the good of his municipality. A man with such training must be willing to serve in a humble capacity for long years, willing to endure and to stand, if need be, the clamor of the public; but for all this, he, like the rest of his kind, is human, and you must pay him a living wage, and insure him a tenure of office.

So far as I am able to discover, you pay him worse than a laborer, and you treat him like a menial. You unnecessarily interfere with him, and you fire him without as much ceremony as you would discharge an ordinary laborer, and yet this is the man to whose care you entrust what you hold dearest on earth, the lives and health of your people; the man on whose skill and judgment you rely for advice and action in times of stress; the man who is usually the poorest paid and the most frequently cursed citizen of your city. The worker in other lines has his compensation measured by the results he is able to accomplish, but it is not so with the health officer.

The practise of modern sanitation and hygiene, having for its object the prevention of disease and the prolongation of life, does not lead to increased compensation for the health officer; but broken in health, and cut off from that increase in private practise which devotion to public duty in America always brings, he lands at the end of his career out of work, out of money, and out of health. To the city of his service he has usually given the best that is in him; his labor has been of inestimable value to the life and health of the people of the community; but more than that, if well done, it has been of economic value, by lessening the burden which the city has had to bear in caring for the sick,

supporting the widowed, the orphaned, and the fatherless through private and public charities, and in hospitals and other institutions. Even more than this, the economic value of his work has served to attract attention to the city as a city of the well; and the advantages of a city where health is high and deaths relatively infrequent, will be in the time to come, if not now, more than the advertising advantages of bill-boards and newspapers; for our cities are beginning to learn the lesson that our insurance companies are learning. And just as the insurance men have realized that it is better by care to keep their policy-holders alive to pay premiums than it is to let them die and have the companies pay death claims, so our cities are learning that to grow in population and in importance, it is not only necessary to attract new citizens, but it is necessary to take care of the health and lives of those citizens they have.

To do all this, and much more, is the work of the new health officer, and to do the work well he will not only have to exercise all the knowledge he has, but he will have constantly to accumulate new knowledge by frequently attending meetings and conventions of sanitary and social workers; he will have to do a large amount of research work, both directly and through the labor of those in the laboratory. The equipment of the modern health office, the employment of laboratory workers, and the purchase of apparatus all cost money, and in the beginning it may be difficult to get all the money necessary to man and equip the various divisions of the department where advanced work should be going on constantly for the solution and interpretation of questions relating to the public health.

# The Prevention of Disease by the Elimination of Dust<sup>1</sup>

Mr. Frederick L. Hoffman, Statistician of the Prudential Insurance Company of America



**T**HE rate of mortality and morbidity is in almost exact proportion to the degree and kind of dust exposure, particularly in the so-called dusty trades. Other things equal, an outdoor life will exceed in vital strength and length of duration a life lived mostly indoors. Dust causes diseases of the respiratory system, asthma, hay-fever, bronchitis, pneumonia, influenza, and pulmonary tuberculosis, and bears an important relation to diseases of the nose, pharynx, and larynx, and possibly to adenoids.

The problem divides into the consideration of outdoor or public dust, and indoor or domestic and industrial dust; of these the former is chiefly a matter of municipal concern.

The dust problem of streets and pavements, of highways and speedways, of steam and electric railways, of subways and tunnels, presents difficulties not insurmountable, provided there is intelligent co-operation between governing bodies, the public, and the

co-ordinated agencies established for the advancement of the general good.

The relation of the automobile to the dust problem of public highways requires special consideration, with a due regard to the fact that the automobile is both a direct cause of the dust nuisance and a direct cause of road destruction.

The problem of dust prevention on highways is in a fair way of being solved by the use of water and salt solutions, tar and oil binders, asphalt emulsions, and similar preparations, none of which is ideal, but all of which contribute more or less toward the diminution of the dust menace, with consequent beneficial results to the public health.

The dust problem in building operations, and particularly in the demolition of old buildings, is one of serious significance, which has heretofore attracted practically no public attention. Equally important is the control of the dust menace in public buildings, in post-offices, court-houses, schools,

Every man must swallow a peck of dirt in his lifetime. At least that is what we are made to believe by a mischievous proverb.

We are so accustomed to dust everywhere, on the street, in the house, in the factory, on the country road, that we find it hard to believe that it is anything more than an inconvenience. We dislike dust because we like to be clean and comfortable.

But do we realize that dust is a source of real danger, an actual shortener of life?

Life-insurance companies are interested financially in every effort to increase the general average of life. They have conducted most extensive research in order to determine the principal causes of early death. They find one of the most important factors in the shortening of life to be the inhalation of dust. Mr. Hoffman, the statistician of the Prudential Insurance Company, whose charts showing the influence of the dusty trades on longevity are accepted as an authority, has given us a message well worth our consideration.

<sup>1</sup>Read before Conference of Mayors.

churches, theaters, and libraries, as well as on Pullman parlor- and sleeping-cars, and public conveyances of all kinds. In practically all of these, suitable flooring material, or floor dressing will contribute materially toward a diminution of the dust nuisance, while the modern

process of pneumatic cleaning is truly effective as a means of dust removal, rather than of dust disturbance.

The distinction between dust removal and dust disturbance is particularly important in the home, where the evils of dry sweeping and feather dusting are so well known that they do not require to be emphasized. The advantages of the vacuum cleaning process are, unfortunately, limited by the expense of this method, and as yet no successful process of dust-laying floor dressing has been perfected, suitable for the average home.

Coincident with crude methods of dust removal and dust disturbance in the home, are the present methods of house ventilation, but in this respect there has been but

### DUST, DISEASE, DEATH

Dust causes asthma, hay-fever, bronchitis, pneumonia, influenza, and consumption.

The dust problem can be solved by intelligent co-operation.

The solution on highways is in the use of oil and tar binders, etc.

The dust question in public buildings is a serious one. A suitable floor dressing and pneumatic cleaning offer relief.

The mouth-breathing habit is dangerous. The danger from dust may be greatly diminished by breathing through the nose.

the product itself is in the form of dust or highly comminuted material, such as flour, cement, paint pigments, etc.

The problem of industrial dust is of particular economic, as well as hygienic, importance, on account of the enormous mortality from tuberculosis and other

little more advance in the scientific ventilation of public buildings, factories, and workshops. The whole problem of successful ventilation is, in a large measure, one of dust control and destruction at the point of origin, except, of course, in manufacturing processes where

diseases of the respiratory organs and air-passages among persons employed in the so-called dusty trades. The economic utility of dust prevention has been established with scientific precision, and there can be no question that the prolongation of life of skilled wage-earners is a most profitable investment on the part of the community.

The municipal supervision of dusty trades and  
(Continued on  
page 560)



F. L. HOFFMAN



# The Waste of Life Capital in American Industries<sup>1</sup>

*Prof. C. E. A. Winslow, Curator of Public Health, American Museum of Natural History, New York City*



ONE of the largest elements in American industry is the life capital invested in it. A great and needless waste of this life capital is going on, and American sanitarians and manufacturers are just beginning to realize its importance.

Accidents, on railways, in mines, and in factories, take a heavy toll in life and limb. In all these classes of occupation the risk is several times as great as in Europe; and, as shown in the careful studies of the *Pittsburg Survey*, the blame must fall about equally on the ignorance and recklessness of employers and of employees. State commissions and progressive employers like the United States Steel Corporation and the International Harvester Company are making good progress in meeting this problem by pro-

viding for safety appliances and systems of employer's liability.

A special class of occupational diseases, the industrial poisonings, have attracted attention on account of their obvious and striking character. A State commission in Wisconsin has just completed a careful study of phosphorus poisoning, and lead poisoning is being investigated by a commission in Illinois.

By far the most important aspects of industrial hygiene lie, however, in the problem of factory ventilation. Tuberculosis is pre-eminently a class disease, a disease of the factory and the tenement. In dusty trades, the lungs are lacerated and torn by sharp metallic or mineral particles, so that the death-rate may be from two to four times as high as that in a normal population. In ordinary factory trades without special exposures to dust,



PROF. C. E. A. WINSLOW

the tuberculosis death-rate may be fifty per cent higher than normal, and this is the most significant fact of all, because the total number of persons exposed is so great.

The danger here is due not to carbon

<sup>1</sup> Abstract of paper read at the mayors' conference.

dioxid, which is only an index of pollution, and not, so far as we have clear evidence, to any mysterious poisonous matter, but to the simple excess of temperature and humidity. Hot and moist air is more deadly in its slow but steady working than unguarded machines or specific metallic poisons; yet the reports of the medical inspectors of factories for New York show that many operatives in this State work for most of the year in the stifling atmosphere of an August dog-day.

The remedies for all these conditions are at hand, and it is only ignorance, not selfishness or malice, that perpetuates them. The State and the employer and the employee must all take part in the movement for their betterment. The State should furnish the advice of skilled sanitary experts. New York possesses in Dr. C. T. Graham Rogers, the most efficient medical inspector of factories in the United States; and New York is the only State in the Union which makes a study of the actual analytical conditions of factory air, and publishes the results.

Yet this is only a beginning. The State of New York could make no better investment than to multiply the work of medical inspection to ten times its present scope.

If the best attainable conditions are to be realized, the employer must be made to see that it pays to keep his living machines, as well as his lifeless ones, in working order. A good ventilation system pays good interest in the efficiency and enthusiasm of the worker. Finally, the employee himself must do his part and in this connection the educational opportunity of the Trades Union is unique. Education is the root of the whole matter; but it must rest first on careful study of local conditions by an expert broadly qualified to deal with sanitary problems, not by the ordinary physician or the ordinary ventilating engineer. Such an investigation and the subsequent bringing home of the facts to manufacturer and Trades Union official, would bring to any industrial center in New York a rich return in money as well as in life and happiness.

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## The Prevention of Disease by the Elimination of Dust

*(Concluded from page 558)*

occupations is strictly within the scope of rational health administration, but it should be intelligently co-ordinated with an effective method of medical factory inspection, medical examination of young persons intending to take up factory work, and scientific inquiry on the part of the State into the whole subject of methods of ventilation adapted to different manufacturing processes.

Special attention is required in the case of dusty occupations, where effective protection can be had only through the use of respirators, but the unwillingness of workmen to make use of complicated apparatus may suggest unqualified

insistence upon the use of a mouth cloth, which often will prove equally effective.

Even more important in matters of this kind and applicable to all classes and every age, occupation, and condition of life, is the advantage of nose breathing in place of mouth breathing, but this precaution should be especially insisted upon in the case of all persons employed in dusty trades. The habit of mouth breathing is far more prevalent and dangerous than generally known, and in the school, the factory, and elsewhere, the importance of breathing through the nose should be emphasized in every possible manner and on every possible occasion.

# EDITORIAL

## Does "State Medicine" Mean a Medical Trust?



SO we might think from the representations of many active workers against the movement for greater governmental activity in the prevention of disease. Reasoning from the injustice of an established state church, these people believe that the adoption of state medicine will be virtually the establishment of a particular sect of medicine, and the disfranchising of others. There has been a wide-spread movement of protest, originating, I believe, with Mr. Flower, a Christian Scientist of Boston, against such a union of medicine and state.

LIFE AND HEALTH can offer its readers no greater service than to attempt to explain clearly just what state medicine stands for.

Every government, city, State, or national, if it is civilized, has some body which has to do with the enforcing of better sanitary conditions for the people. Every person with even a minimum of common sense, knows that there must be a limit to personal liberty, for the welfare of all. If a man in a populous city owns a shack which he wishes to get rid of as cheaply as possible, he has no right to set fire to it, even though it be his, lest he endanger the property of his neighbors. A man owning a lot in a residence district has no right to erect a slaughter-house, and thereby produce a nuisance in the neighborhood. A child with a mild attack of scarlet fe-

ver or diphtheria has no right to expose other children to the disease. These examples will serve to illustrate the generally accepted principle that a man's rights are limited by the rights of others. This principle holds good, especially in matters of health. No dairyman has a right to sell diseased milk, and no butcher has a right to sell diseased meat. All provisions made by towns, cities, or States, to guarantee to the people that they shall not have their health rights molested by others, are a part of state medicine. In other words, state medicine is the body of laws providing for the protection of the health of the people.

In some cases people do not see the wisdom of certain of the laws; but that does not alter the justice of them. Take, for instance, the case of India where the natives are dying of the plague. The disease is known to be transmitted by the rat. Plague is, in fact, a rat disease, reaching man only secondarily when he comes in close contact with the rodent or with fleas that have fed upon the rat. The natives, because of their religion, consider it equivalent to murder to kill any animal, and any effort to clean out the rats meets with fierce opposition. One would think that patient educational efforts would enable these people to see their folly; but it is not so strange after all; for there are Americans, some of them apparently quite intelligent, who bitterly oppose the enforcement of some of the most obvious health measures.

As a rule, though, the majority of the

people realize that city, country, and State boards of health serve an excellent purpose and should be upheld.

The sanitary work has to do with the quarantine of infected cases, with the regulation of disposal of sewage and garbage, disposal of the dead, ventilation, the inspection of food supplies, and latterly it has included the medical inspection of schools.

And we are just learning that this work is one of the utmost importance. The first efforts of school inspection were in the line of prevention of infection; but now it is known that a surprisingly large proportion of school-children are physically defective, so much so that unless they receive proper medical help, they are destined to be handicapped for life. Ninety-five per cent of all children in one city were found to have seriously defective teeth. As a rule dental work is neglected until irreparable damage is done. Many have defective eyes, defective breathing apparatus, poor hearing, adenoids, and the like, which seriously interfere with their school work and their future usefulness. Medical school inspection is not only discovering but is preparing to remedy the conditions. In many advanced communities, especially the larger cities, state medicine has become solidly entrenched as a part of municipal and State government, and is year by year becoming more efficient in the prevention of disease.

But what about a national health department? For many years the government has conducted work in various health lines scattered through different governmental departments. The army and the navy each have their medical departments, which are, in fact, health departments overseeing the sanitation of camps and vessels, and in general looking after the health of Uncle Sam's defenders. A number of activities are conducted under the Department of Ag-

riculture. There is an office of experiment stations which is conducting an immense series of experiments and observations relating to the food and nutrition of man. These observations will gradually increase our knowledge along these lines. Then there is the Bureau of Animal Industry, conducting investigations regarding animal diseases and their relation to human disease. This is a most fruitful field of inquiry. Then there is the Bureau of Chemistry, which is now actively engaged in insuring the purity of our foods and drugs.

Under the Treasury Department is the Public Health and Marine Hospital Service, with its well-equipped laboratories, its efficient corps of workers, investigating as to the nature of various diseases and their method of prevention.

None of these bodies interfere with the work of States. They are always ready to render assistance, as in the suppression of plague in San Francisco, and the eradication of yellow fever in the South. In both cases the Public Health and Marine Hospital Service men entered the work by invitation and co-operated with the State health authorities. In no sense did they interfere with "State rights," or with individual rights, except the "right" of an individual to expose his fellows to disease.

The proposed National Department of Health would merely unify these various bodies, and make them more efficient, as helpers in the general program of disease eradication, without in any way compromising the rights of the State to deal with health matters within its own borders.

As the constitutional limitations forbid the encroachment of the Department of Agriculture on State functions, so would it forbid the encroachment of a national health department on State functions.

Naturally the work of public health

will become more and more a specialty. As preventive medicine develops, it becomes more and more apparent that graduation from the regular school of medicine is not a sufficient preparation for such work, and now special courses are being inaugurated to fit men for the

position of health officer. Undoubtedly, the appointments to this work will be by means similar to those of the civil service. That is, the applicant, in order to obtain a position, will have to prove himself efficient in the matter of disease prevention.

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## “The Hearts of the Parents Shall Be Turned to the Children”

THE child is surely coming into its own. What with *medical school inspection* for the detection of incipient disease, the prevention of infectious disease, and the cure of handicapping defects; *playgrounds* for the physical, mental, and moral improvement of the children, especially the unfortunate who have no provision for normal child life in the home; *school gardens* for physical and esthetic development; *open-air schools* and *preventoriums*, to save the children just starting on the road to decline; and *sea-breeze hospitals* for the children with surgical tuberculosis,—we have omens that this generation has realized more than any previous generation, our debt to the little ones. Of all the movements for conservation, none is so worthy, none so far-reaching in its influ-

ence, as the activities for conserving the health of the little ones.

Not long ago about the only thing an active boy was expected to do was to get off the earth. There was no place for him. He was not wanted in the house. He was not allowed a chance to play in the streets. He had no other place to go. Is it to be wondered at that he often landed in the police courts, and by familiarity with older criminals, himself became a criminal?

Unquestionably, playgrounds rightly managed are lessening youthful misdemeanors and crime, and are aiding the other children movements in the betterment of the health of the child.

Gradually the child is coming into his own, which means that we are gradually becoming civilized.

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## A New Accusation

THE “old school” of medicine has been accused of nearly everything under the sun. Especially has it been accused of conservatism. Now it has a new charge to answer: it is progressive! At least that is the grave charge preferred against the profession by a homeopathic physician in the May issue of the *Journal of Osteopathy*. To quote:—

“As I am a homeopathic physician and have been in active practise thirty years, I see there has been a great change in the so-

called regular school of medicine; they have been cutting down their doses, resulting in much better and more successful work. The principle of homeopathy is the same to-day as it was a hundred years ago. The principle of osteopathy is the same to-day as it will be a hundred years to come.”

It is true he has not said that there has been no improvement in homeopathic practise and that there will be no improvement in osteopathic practise; but that seems to be the intent, namely that these two bodies practically reached human perfection at their inception and do

not need to progress. Perhaps this man does not represent the more progressive men of the two bodies mentioned; or, if he does, perhaps the attitude of the homeopathic school will explain why year by year the homeopathic body and the homeopathic schools are growing less in proportion to the regular school.

The regular school has faults — many of them. It is not perfect — far from it. It has no one standard, and does not look back to some one man — partly deified — as having embodied all the wisdom possible in medicine. It recognizes no one authority; it does not disdain to accept new processes and new principles, from whatever source they may come, when they have proved valuable.

It is sometimes almost kaleidoscopic in its changes, for there is no central authority nor any recognized collection of

medical wisdom which by its semisacredness is immune from attack.

Every old idea, every old theory, if it be found to conflict with modern laboratory research, must be given up.

So we must confess that the regular medical practise is not static: it is not stable; perhaps I may admit that it is not conservative.

The new preventive medicine is working a great change in the attitude of the profession to the public, and the schools will soon be teaching as earnestly the prevention of disease as the cure of disease; and perhaps some day the matter of prevention may assume the greater importance.

Thus we must admit progress in the regular school, and we are willing to admit that according to their own principles the other schools do not need to progress.

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## Misleading Information

**T**HE *Washington Times* of July 24 says editorially:—

“The reason cities make regulations requiring inspection of dairy herds is to minimize the danger of transmission of disease, chief of which is tuberculosis, typhoid fever, and scarlet fever. Just now the District health officer is engaged in putting through a regulation of this character. It is interesting to note, in this connection, the results of a series of investigations conducted by Dr. W. H. Park, a prominent physician and scientist of New York City. Dr. Park made a study of eighty-four cases of tuberculosis, selected from general practise. He found twenty-two patients suffering from a disease whose germ was that of bovine tuberculosis and sixty-two from a disease whose germ was that of human tuberculosis. Of the sixty-two that had human tuberculosis, thirty-six died. Of the twenty-two that had bovine tuberculosis, four died.

“It can not be assumed, of course, that one fourth of all the tuberculosis comes from cows. Dr. Park's eighty-four cases are too few to furnish the basis for any

general conclusion. They offer evidence, however, that the health and life of the human is endangered by the existence of tuberculosis in cattle, and they emphasize the necessity for a system of regulation and inspection which will eliminate the disease from dairy herds.”

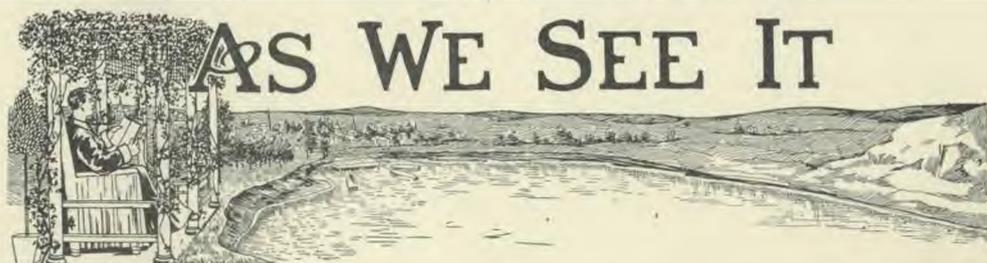
This warning against milk from diseased animals is commendable, and such warnings can not be too frequently repeated.

It is not necessary, however, to falsify statistics in order to do this. The *Times* quotation leaves the impression that about one fourth of the cases of tuberculosis examined by Dr. Park were found to be of bovine origin. This was true of cases under five years of age. But of 278 lung cases examined by him, not one was of bovine origin, and of 297 cases over sixteen, only one, a case of tuberculosis of the kidney, was found to be of bovine

origin. Fuller figures from Dr. Park's address are given in the News Notes in this issue.

From Dr. Park's report it seems quite evident that the principal danger of contracting bovine tuberculosis from milk is in the case of infants and little children.

But as cow's milk is largely used by the little ones, it is evident that the tuberculous dairy cow is a real danger—a menace—and that no milk from untested cows should be permitted to be sold for human consumption unless it has been Pasteurized.



**Infant Mortality Not Decreasing** MUCH as we may regret to face the fact, carefully prepared statistics fail to show any actual decrease in child mortality. While hygienic instruction may have had some effect on the better class of families, it has hardly filtered down to the vast army of the lower classes living on the borderland of mere subsistence. The harvest of baby funerals goes on at the same old rate. According to *American Medicine*:—

"It seems that life-saving is really being confined to the more intelligent classes, as it always has been, while the stupid are still permitting their babies to survive or perish according as luck or extraordinary vitality decides for them." "It really seems as if the raising of feeble offspring is as far beyond the ability of a low-grade civilized woman as it is beyond that of a savage or a cow. Survival of the strongest as the fittest is still a process of nature, persisting because of sheer inability to learn how to save the weak."

Some may query whether this natural process of sifting out the weak among the infants of the poorer classes is not a wholesome and humane process, after all, putting away, as it does, those that would least be able to make a successful struggle for existence, and lightening the financial burden of the parents. But there is a better way, that is, by educa-

tion and otherwise, to raise the standard of living of the poorer classes. It is the pauper districts that have the most frightful mortality of infants, the region where tenants pay one third their income for rent of quarters actually not fit for hogs to live in.

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**Dr. Goler's Work Appreciated** "ROCHESTER'S greatest asset," Dr. Goler was recently styled, with more truth than poetry, for no city can have a greater permanent asset than a low death-rate, due not to accidental causes, but to the intelligence and efficiency of its officials and citizens. Dr. Goler has done much to make Rochester famous as a healthy city.

Recently the authorities of Milwaukee, now undergoing a reform program, endeavored to secure Dr. Goler, offering him a free hand in the health administration of the city. And well they could afford to, for nothing would do so much for the permanent upbuilding of Milwaukee, or any other city for that matter, as an efficient health administration, so carried on as to educate all the people in the simple laws of sanitation and hygiene, and to compel observance of food, housing, and sanitary laws by that class

who make unlawful gain at the expense of the health of their fellows.

But Dr. Goler believed he still had a duty to perform for Rochester, and especially for its babies, and he declined the offer. It remains for the people of Rochester, and especially its merchant bodies, to realize the value to their city of their health officer, and co-operate with him in every way possible for the improvement of the sanitation of the city. Comparatively, Rochester is a healthy city, as cities go, but there is still the problem before it of saving a larger proportion of the baby lives.

✽

**Forms of "Sunstroke"** ACCORDING to modern teaching, there are three forms of what is commonly known as "sunstroke:"—

1. Heat stroke, or thermic fever. In this condition there is an intense fever caused by high external heat, whether by the sun, or in a furnace room. It is the hot air and not the sun's rays that causes this disorder, and it may occur when one is in the shade if the air is hot and stifling. The treatment is vigorous application of cold—ice if possible—externally, especially to the base of the brain.

2. Light stroke, or heat exhaustion, is caused by exposure to the sun's rays. It is the effect of the intense light rather than the heat. It is prevented by avoiding exposure to excessive light. Get patient into the shade, and apply warmth and stimulating treatment if necessary.

3. "Dry stroke," if we may so express it, or "heat cramps," as it is sometimes called, is caused by excessive perspiration not sufficiently compensated by drinking. The remedy in a bad case is the injection of normal salt solution into the veins (by a physician, of course), though injection of water into the rectum, or even copious water drinking, if

the patient is not too far gone to absorb it, may be all that is necessary.

In any case, while intelligent bystanders should do what they can for the relief of the sufferer, some one should be immediately despatched for a physician.

✽

**Colored Underclothing** NOTWITHSTANDING the fact that the government test of colored clothing in the Philippines failed to substantiate the claims of Major Woodruff as to their superiority in tropical climates, colored clothing in warm countries seems to be assuming the nature of a fad. The theory is that the orange red filters out the actinic rays of the sun—the rays supposed to be the most harmful. The color in the garments is supposed to perform the work of the pigment in the skins of the dark, tropical races.

The question arises whether the increased call for colored undergarments is not the effect of the advertising of firms interested in the manufacture and sale of colored garments. It is quite customary nowadays for a firm desiring to market a certain product, to secure a little free publicity through the newspapers. In view of the fact that the five hundred men who tried the colored garments in the Philippines fared worse than five hundred who were placed under identical conditions with the exception that they had the uncolored undergarments, and that only sixteen of the five hundred cared to continue the use of the colored garments, it would seem as though there was some outside influence pushing the sale of colored goods. Of course the major is not financially interested in any such scheme.

✽

**Facial Neuralgia** SUBJECTS of recurrent facial neuralgia should suspect intestinal autointoxication, and on perceiving the first symptoms, should take

a thorough colon lavage, or else a purgative in sufficient dosage to be effective. It should be remembered that a cathartic which succeeds only in emptying the small intestine into the large intestine without emptying the latter, only adds fuel to the fire in case of autointoxication. It is something like attempting to put out a fire by pouring on coal-oil; for it brings down to the putrefactive germs a quantity of more material, only partly digested, and in just the right condition for the action of the putrefactive organisms.

This is one reason why one often feels so much worse after using a laxative. It is necessary, in order to obtain a good result, to use a vigorous purge, perhaps in two doses, say two hours apart, before retiring, or else, to follow up the purge in a few hours with a thorough lavage of the colon, in other words, a high enema.

In general, purgation is not to be recommended, and if continued, is very apt to end in evil; but unquestionably a purgation is better than the absorption into the system of the intestinal poisons caused by the putrefactive germs, especially at a time when the eliminative organs have ceased to act. It should not be understood that these are only absorbed at the time of the neuralgia. They are being absorbed more or less all the time, because the diet is not in-

telligently adjusted to the particular needs of the patient; but the liver and other excretory organs take care of them until, through loss of sleep, or because of some exhausting indiscretion, or a too hearty meal, the eliminative organs go on a temporary strike, and then there is trouble, either in an attack of "biliousness," or neuralgia, or migraine, or some other periodical disorder. The part of wisdom is to make a careful study of the case, and learn what adjustments, dietetic and otherwise, it is necessary to make, and then conscientiously follow the program without any exceptions "for just this once." Every such exception is fatal to a right life.

¶

**What Shall We Do With "Carriers"?** THERE are certain diseases, such as typhoid fever, diphtheria, and cerebrospinal meningitis, it seems well established, which are not infrequently transmitted by healthy carriers,—persons harboring and giving off the germs, who have probably at some past period in their lives had the disease, possibly in a light form. If the quarantine of patients having transmissible diseases is justified, is it not justifiable to quarantine all such carriers when discovered, until by proper treatment they are rid of their unenvied parasites? This question is being discussed, but it presents many difficulties, and is far from a satisfactory solution.



"HERE'S TO UNCLE SAM! DRINK HER  
DOWN!"



CHARLES  
LEDERER  
1931

# THE MEDICAL MISSIONARY AT WORK



## A Month at the Sydney (Australia) Sanitarium

*Rev. Hugh Jones, M. A., Presbyterian Minister, Victoria*



WHILE on a visit to Sydney over three years ago as a delegate to our Federal Assembly, I stayed with a Presbyterian family that had a relative undergoing treatment at the Sydney Sanitarium. These friends were so much pleased with their dear one's treatment that they urged me to visit the sanitarium as one of the "sights" of Sydney. I went; I saw; I was conquered. So warmly was I drawn to Dr. Kress, and so full of admiration did I become at the beautiful surroundings, that I resolved to spend a holiday there as soon as it could be managed. At the end of last winter, I suffered from a poisoned leg; the run-down condition consequent on this, led to the carrying out of my resolve. I spent four weeks at the sanitarium, beginning the first week of last September. My highest expectations were realized, and, in some respects, surpassed. The food was above the criticism of the most fastidious, though I soon found that here, as elsewhere, one has to make as wise a choice as possible. To do this, we were helped by lectures from the doctors, and hints from the attendants and menu cards. By experience I found what best agreed with me, and so derived the most benefit during the latter part of my stay.

The treatment in the bath-rooms I

found to be not only beneficial, but exceedingly pleasant. The massage was most skilfully done by young men, who always looked bright, and who apparently never lost their temper. Any extra service asked for was rendered with invariable cheerfulness. My experience of the bath-room is one of the brightest memories I retain of my visit.

The nurses, male and female, formed part of the benignant atmosphere of the place. They looked pleasant; their manners were pleasant; their service was pleasant. Such nurses are forthcoming only when their hearts are warmed by divine love to God and man.

To Dr. Richards I felt myself closely drawn. The doctor is singularly approachable; the most nervous, shrinking patient can speak freely to him. He is particularly free from professional mannerism.

The morning worship, at 7 A. M., I attended with scarcely a break, and received much comfort and strength from it. The service was generally conducted by Pastor Gates, and two of his prayers in particular gave me such an uplift as I shall not soon forget. I had the privilege of many conversations with Pastor Gates. He is a sincere, self-denying, enthusiastic missionary of the cross, and has given proof of his quality by years of arduous labor in foreign mission fields. In his broken health, he bears branded on his body "the marks of the Lord Jesus."

I paid a flying visit to Avondale, where there is a great industrial settlement of Seventh-day Adventist students. There I saw the process of preparation of some of the famous sanitarium health foods, notably, granose flakes. How different the place looked from an abattoir! The printing-presses and bookbinding rooms were interesting in such an out-of-the-way place. At dinner I had a good look at the students—a fine, healthy set of young people. Occasionally, they get a black sheep among them, but either his color is changed, or he is turned into outside pastures.

Avondale College is giving technical education that I am sure the government technical schools can not surpass, and withal imparting to its students a moral and spiritual training the government institutions can not even attempt to do.

I was privileged to visit the homes of several of the Wahroonga Seventh-day Adventists. All showed me much kindness. I was thus enabled to see how the principles of food reform are being carried out by the Seventh-day Adventists in their own homes.

The devotion of the sanitarium staff could not be bought with money. The doctors, nurses, electrical engineer, and manager could all command much larger salaries outside. They feel, however, a call to this work, and, having all they actually need, but no wealth, they are content and happy.

Though I am by no means a Seventh-

day Adventist, I am in the most complete accord with their methods at the sanitarium. Strongly seized of the fact that the gospel of Christ is for men's bodies as well as for their souls, they are putting their faith into practical operation, with splendid results. Their methods appealed to me as rational and scientific. They are not faddists—unless aversion to a flesh diet, tea, alcohol, and other drugs constitutes them such. And in their treatment of the sick, they manifest much of their Master's sympathy and compassion. Their ordinary meth-

ods are not those of faith healing, although they believe in and habitually practise prayer for blessing on physicians, nurses, and patients. The atmosphere of the sanitarium is one of prayer and works—man working together with God. Nevertheless, prayer only, apart from physical



OPERATING-ROOM AT OUR LITTLE SANITARIUM IN THE MOUNTAINS OF INDIA

means, is occasionally used by some of the pastors when they feel led to it, and it is not used in vain.

I have no hesitation at all in recommending outsiders, such as I am, to undergo treatment at the sanitarium, if Dr. Richards advises them to do so. They will be charmed with the place and the people. A lady visitor was telling me one day about some of her experiences, not very pleasant, in first-class hotels. Then she suddenly said with emotion, "What a beautiful place this would be to end one's days in among these happy, kindly people!"

# Nazareth Post-Office, South India

*M. Belle Shryock*



LOVE India and her people, and am so glad I came here. The heat has not bothered me at all, so far. I do not find it as hot as I expected to. We are only a few miles from the sea, and have a sea-breeze every day, so I presume that is why the heat does not seem intense. But I will admit that it gets warm here. Just now we are having our rainy season, and it is nice and cool.

I am getting so I can speak quite a little Tamil in the dispensary. One native woman said, "Misse Ammal speaks much dispensary Tamil, but very little house Tamil." I think these people here are about the finest in India. They seem ahead of the natives of north India. One of the dearest girls is helping me in the dispensary. She is very bright, and willing to learn. She can dress a sore as well as I can.

Not long ago a Hindu came to the dispensary with a very bad sore. After we had treated it, I offered him some

tracts; but he refused them, saying, "I am a Hindu, and do not want your religion." Day after day he came for treatment. After he had been coming three weeks, I said to the native boy who works in the dispensary: "That man's sore is almost well. Ask him if he is

thankful." He did so, and the man replied, "I am very thankful." Then he said, "I have been to three hospitals, and they did not help me, and I came here, and my sore is well." I then told him it was the Lord who had blessed with healing as we gave treatments. Then I spoke of the God of love, the only true God, and he replied, "Yes, I am already begin-

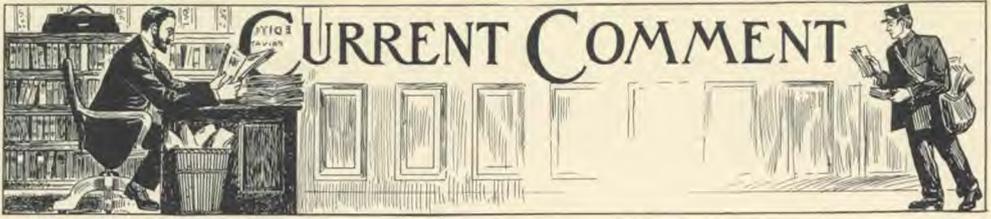
ning to believe in your God." I offered him tracts, and he gladly accepted them.

While I treat the body, God's Spirit treats the heart. These experiences cheer the lonely missionaries, from time to time, and make them feel like pressing on with their appointed work.



MOTHERS BRINGING CHILDREN FOR TREATMENT TO ONE OF OUR DISPENSARIES IN INDIA





## Exhibit of the New York Anti-Vivisection Society



THERE has been held in this city during the past ten weeks a public exhibition purporting to demonstrate the methods that are

employed in laboratories of animal experimentation. It is held under the auspices of the New York Anti-Vivisection Society, an organization which for the past two years has endeavored in various ways to keep itself in the public eye. The exhibition has attracted less attention from the public than it deserves, for while its scientific character may be questioned, it is valuable as affording a clue to the moral character of an organization which lays claim to a position of moral leadership. There are some of us who have entertained grave doubts as to whether this claim is justified, and these doubts have increased as the various successive acts of the society have been performed since the day of its birth. A study of its exhibition tends to increase these doubts.

The most graphic feature of the exhibition is an array of stuffed animals, some attached to operating-tables, some with heads attached to surgical head-holders, some in partial dissection, with surgical instruments lying about, and in one case with a pool of red liquid simulating blood. The good taste manifested in the public showing of such gruesome sights may well be questioned, and especially in view of the fact that a consider-

able number of the visitors which one sees at the exhibition are children. They are not only welcomed and allowed to roam freely about the room, but the unpleasant details of the exhibit are explained to them by the women attendants in charge, and a morbid curiosity is thus encouraged. . . .

A significant part of the exhibition consists of the tales that are told to the visitors by the women attendants. Of the various operations that are portrayed or suggested, one is frequently told that they are customarily performed without anesthetics, a statement which is not true. One attendant said to a visitor that the surgical head-holders were used for the purpose of breaking the jaws of dogs, and that this was done without anesthetics. When questioned as to the reason for breaking the jaws of dogs, she confessed ignorance. Such a procedure is so patently fantastic as to render comment unnecessary. There is an oven, heated by gas-burners, which contains the stuffed body of a rabbit, and which the attendant tells you is used for the purpose of baking live animals to death, and that this also is performed without anesthetics. . . .

To one who is familiar with laboratory procedure, the key-note of this exhibition is falsity. The visiting layman can hardly fail to carry away with him a wholly incorrect notion of what animal experimentation means, what its methods are, and what a measureless amount of good it has accomplished for both the human race and the lower animals. No-

where is there a sincere desire for the truth; everywhere there is ignorance, misrepresentation, and false implication; everywhere the calmness of balanced judgment is wanting; everywhere there is an unbridled appeal to sentiment, and to sentiment inflamed into passion. The harm is great that may thus be done to the individual, but when such an influence is allowed to spread unchecked through a community, the harm that may be done to the multitude is incalculable. . . .

In the exhibition of which I write, the most striking single exhibit is the New York Anti-Vivisection Society itself. It has had every opportunity to learn the truth or the falsity of its demonstrations and its declarations. It has been told by those who know, how untrue they are, and yet it has continued week after week to keep its deceptive sights before the public and to tell its false tales. In the minds of those who both know and respect the truth, the New York Anti-Vivisection Society stands, under the deceitful mask of a pretended moral leader, as an obscurantist, a partizan of vicious principles and practises, and a foe of the public good.—*Frederick S. Lee, Professor of Physiology in Columbia University, in New York Times.*



### Every Day a Bath

WHEN a warm bath has been taken at night, a plunge in tepid water next morning is all that is necessary. This morning dip in tepid water, aromatized with some fragrant toilet-water, stimulates the skin, and rouses dormant faculties. Try it to-morrow morning, and see if you don't go down to the breakfast table feeling as bright as a lark.

Now about that daily bath. Do not take an icy dip because your dearest friend says a cold plunge every morning

makes her feel like a new woman. Perhaps your friend has more strength than she needs, and consumes it in this manner. But unless you are possessed of superabundant vigor, do not follow her example. The cold bath is too strenuous for the average woman.

Another black mark against the cold bath is that cold water can not pretend to cleanse the skin. When your hands are grimy, you never think of bathing them in cold water. You call to your aid plenty of warm water and good soap, and in a trice your pretty hands are as white as milk. Cleanse your body in the same way, and give those tens of thousands of pores a chance to do their work.—*The New Idea Woman's Magazine for July.*



### What Is Needed in Our Public Schools

I DO not believe that it will be possible to expect vast improvement in our schools so long as the practise of cooping up restless children in school for five or six hours a day, compelling them to remain silent while fixing their attention on their books, is continued. The average man or woman would not do this; why should the children be compelled or expected to do so? There is a tremendous amount of physical energy in the child, and it needs an outlet.

Of course this means that classes must be smaller, but that must come in any event. It also means that we must inject into education . . . the elements of interest and profit. If the boy is learning something that is to be of practical use to him hereafter—I mean something which he can readily see is to be of immediate advantage—he will take more interest in his studies.

In a few instances the girls now have sewing and cooking schools. They ought—every one of them—to have a thorough training in domestic economy.

The crying defect of this age is that the average girl will learn only a smattering of the manifold and complicated duties of housekeeping. She expects to marry a man who will be able to hire a girl.

Domestic servants now get wages which average, all things included, more than the average mechanic, and they are not, as a rule, well-trained, but are wasteful and extravagant. The wife leaves most of the household management to the servants, not only because it is easier to do so, but because she does not know how to do anything else. . . . The girls need to be trained to become better housewives and mothers. At present they get, in many instances, almost no training, save some of a kind which is worse than none at all."—*James M. Roger, Lippincott's, February, 1910.*



### The Conquest of Lockjaw

THE popular belief that a wound from treading on a rusty nail is very likely to cause tetanus is quite correct. This is not because it is a nail, or because it is rusty, but because by lying on the ground it has become infected with germs of lockjaw. Moreover, as the punctured wound caused by the nail bleeds but little, and this blood dries up and excludes the air, the most favorable conditions for the development of tetanus exist, for, as Kitasato, the Japanese bacteriologist, proved, the absence of oxygen is most favorable to the growth of this germ.

The germ itself looks very much like a tack. So virulent is it that its toxin in doses of 1-200,000th of a teaspoonful will kill a mouse. It has been found by experiment that the poison is carried up to the spinal cord, not by the absorbents or the blood-vessels, as are other poisons, but through the motor nerves themselves. Fortunately, an antipoinson or antidote has been developed, but so

prompt is the action of the poison that in an animal, two minutes after the injection of a fatal dose of the poison, twice as much of the remedy is required as if it had been administered with the poison; after eight minutes ten times the amount, and after ninety minutes forty times the original amount is necessary. This antitoxin is entirely harmless.

As a result of antiseptic methods, lockjaw is now almost unknown except after neglected wounds, instead of being terribly frequent, as it formerly was. When it is feared, the antitoxin is used as a preventive, and when it has developed, as a cure.

In animals, for naturally horses suffer very much more frequently than man, the same antitoxin is used. In 163 horses that had operations performed on them, but were protected by the antitoxin, not one developed tetanus, whereas of eight cases unprotected by the antitoxin, five developed tetanus. The result of all these experiments has been that what is known as Fourth-of-July tetanus has been enormously diminished, chiefly by the antitoxin used as a preventive.—*W. W. Keene, M. D., LL. D., in Harper's Magazine for July.*



### The Prevention of Common Colds

THE common cold is not merely a congestion; it is an infection. The popular fallacy of a cold being due to exposure to drafts and sudden changes of temperature and chilling of the body, adheres persistently in both the professional and lay mind. None of these predisposing causes will produce a cold in an individual without the presence of the pneumococcus, the influenza bacillus, streptococci, staphylococci, or other bacteria. Arctic explorers exposed to all the conditions ordinarily supposed to produce colds, never suffer from these

ailments until they return to civilization and become reinfected by contact with their fellow men.

Colds are contracted from other persons having colds, just as diphtheria is contracted from diphtheria. A campaign to prevent the spread of the common cold would have much collateral good in aiding the suppression of tuberculosis, and causing a diminution of pneumonia. Common colds occur in epidemics, and have all the earmarks of contagious diseases. House infections, and outbreaks in schools, factories, and other places where many persons are closely associated, frequently occur, and result in considerable loss of time and money.—*Editorial, Boston Medical and Surgical Journal, May 26, 1910.*



### The Mustard Plaster

THE mustard plaster is one of the best medicinal agencies at our command. We fear that its true value is not always properly estimated. Applied locally, mustard is a dependable neurovascular stimulant; its effects are systemic as well as local. In gastritis, with an upset stomach, nothing is more efficacious and prompt in its remedial action. Its value in pleurisy, backache, abdominal pains, ovarian neuralgia, etc., is too familiar for reiteration here. The mustard plaster is one of the effective measures calculated to break up a cold on the chest, provided the patient is content to remain indoors a day or so. No one questions its value in most cases of pneumonia at some stage.

There are several ways of making an efficient, active mustard poultice, and there are, likewise, wrong ways of making it. If the fresh ground seed can be obtained, the poultice is preferably made from it, although the commercial drug

answers reasonably well. An expedite way of applying mustard is to dip flannel cloths in hot water and then sprinkle the powder on them. A more common method is to incorporate a quantity of mustard, say a teaspoonful, with twice that amount of flour, using sufficient water to make a paste. The mustard sprinkled on a bread or flaxseed poultice is a choice method with many. A thin layer of gauze or muslin should in most cases be placed between the poultice and the skin. Another expedite manner of securing the action of mustard is to rub the powder into the skin, applying over the surface cloths wrung from hot water. It is well known that the white of an egg incorporated with a mustard paste will prevent blistering or scarring. Some skins are so sensitive and susceptible to the action of mustard, that a poultice must be carefully watched, especially if the patient be asleep or unconscious. For a mustard burn, lard is better than vaseline.

Boiling water should not be employed in making a mustard plaster. The action of mustard is dependent mainly upon a volatile oil which is liberated slowly. Boiling water kills this effect, for the heat neutralizes the oily principle in the mustard. To heat the poultice over a stove until it is as dry and hard as a pancake, deprives it of its therapeutic usefulness. It is then no more efficacious than a hot towel. It soon curls up, dry, hard, and useless. A fact ever to be borne in mind is that heat destroys the activity of mustard.

A mustard poultice need not be thick. Volume has nothing to do with its worth, as in case of most other poultices. An eighth of an inch in thickness is sufficient. Oiled silk or impervious coverings over it may increase its efficiency.—*The Medical Summary, February, 1910.*

# Abstracts

In this department, articles written for the profession, which contain matter of interest to LIFE AND HEALTH readers, are given in abbreviated form. Sometimes the words of the author are given, but more often the passage is abbreviated, or else paraphrased in popular language. Technical matters and portions of articles having no popular interest are omitted. Give the authors credit for whatever is good, and blame "us" for the rest.

## Acidified Food in the Institutional Treatment of Infants



OUR experience with acidified milk extends over a period of two years. In St. Ann's Asylum four hundred infants have received this food. In 1906-07 we used the various approved methods of feeding infants. The infants gained to a certain point, then had diarrhea, with green stools. The epidemics of gastroenteric intoxication began the latter part of July and continued till the cool weather of September. We blamed the milk supply and the extreme heat.

In the spring of 1908 we were using acidified milk. Infants past the age of two months had been transferred to the modified milk diet. We were dreading the effects of the summer; and in July, when we were expecting the usual milk poisoning, the babies ranging from two to sixteen months were put back on the acidified milk, diluted with equal parts of barley-water. The experiment was a complete success; we went through the summer without an epidemic, and the past summer (1909), which was as hot

as St. Louis ever experienced, we had the same result.

On very hot days we gave less fat and more water in the milk. In hot weather, the milk was first boiled, then inoculated with lactic-acid germs, allowed to ripen in a warm room for twenty-four hours, and diluted with barley-water to the required strength. In order to increase the food value, a tablespoonful of cane-sugar was added to a quart of the mixture. To the young infants, we gave one part acid milk to two of barley-water. Older infants received a mixture of one half or two thirds of acid milk with barley-water. We use malt-sugar instead of cane-sugar when the gain in weight is not satisfactory, skim milk when there is intolerance of fat, and top milk when there is not sufficient gain in weight.

Infants two days old received this food, and thrived. A large number of the babies receiving the food were healthy, though cases of indigestion and malnutrition also received the food. Results were far better than at any previous time.

We did not keep the babies on the acid milk indefinitely, because we believe the

digestive organs develop better if given more work. Acid milk being practically a predigested food, the stomach and intestines are required to do little work in its disposal; but in summer-time we prefer to keep babies on acid milk.

We believe that acid milk fills a long-felt want in the institutional feeding of infants; but pure air is also indispensable. Infants at birth may with advantage be placed on this food. Thrush and other mouth diseases are seldom met with in infants fed on acid milk. Development of rickets and scurvy need

never be feared. The infant seems to be able to care for a larger proportion of fat, and a larger percentage of fat can be fed than with the usual mixtures. Curds are very rare in the stools of infants fed in this manner.

In order to be successful in feeding acid milk, it is necessary to be well founded on the principles of infant feeding, and this method does not furnish a short route to this goal.—*Jules M. Brady, M. D., Assistant Professor Diseases of Children, St. Louis University, in Archives of Pediatrics, June, 1910.*

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## Mustard Poultices in the Treatment of Acute Bronchitis

THE value of external applications, and especially counter-irritants, in the early stage of acute bronchitis, is not appreciated at the present day. The old-fashioned poultice has been largely discarded, yet there are few remedies more beneficial, when rightly used. There is not very much good derived from the continuous application of flaxseed poultices or from hot fomentations. What is needed is sharp counter-irritation by mustard diluted with flaxseed, according to the age of the patient and the susceptibility of his skin. When the bronchitis affects mainly the trachea and the larger bronchi, with a sense of tightness behind the breast-bone, and an incessant, tickling cough, the poultices should be applied at the top of the chest in front. When the cold has attacked the small tubes, a large poultice should be placed across the bases of the lungs behind.

For adults, equal parts of flaxseed and mustard may be used, sometimes even more of the latter. I have often seen pure mustard applied to advantage, a layer of mustard being placed next the

skin. For children who have more sensitive skins, one-third or one-fourth mustard should be used. The poultices should be left on until the skin is markedly red. Irritation may be relieved by smearing with oil or vaseline. In very young, feeble, and rickety infants it is better not to embarrass further the breathing by heavy compresses. In such a case it is better to let the child lie on the poultice.

Sometimes oil of turpentine may be substituted for mustard. Prepare a hot fomentation with flannel or spongiopilin, and sprinkle on it a half teaspoonful of oil, then give the flannel a final wring so as to distribute the turpentine. Its action, however, is somewhat uncertain, and unless care is exercised, blistering is likely to occur. It is in the early stage of the disease that these applications are especially beneficial, when the mucous membrane is congested, with much oppression and with but little expectoration. When the secretion is free, counter-irritation does not do much good.—*J. Walter Carr, of London, in Folia Therapeutica.*

## The Cause of the Common Cold

THE common cold runs a more or less definite course, and generally extends from one portion of the mucous membrane to another. The symptoms depend on the region involved and the severity of the attack, and do not suddenly arise and disappear, as with hay-fever.

It seems to spread between people in close contact, and occurs less frequently in summer than in winter. It is a little more common in children than in adults.

No specific organism has been found, but this is also true of some other diseases which we know to be contagious. The common belief is that it is due to chilling of the skin, and hence, often the opportunity for contagion is overlooked.

There is much evidence to show that colds are directly contagious. Epidemics of the disease occur; families of children often remain all summer without colds, and have them on return to school; or if one member gets a cold in the summer, the other members of the family are likely to have it. All cases in a family do not begin at once, as would be the case if due to the weather, but they come in succession.

When there is no chance for contagion, as in arctic explorations, there are no colds. But colds make their appearance on arrival in port in a warmer region. In Greenland there are no colds, except when they are brought by ship.

Colds have an incubation period of from two to four days, and are usually transmitted by sneezing, coughing, embracing, speaking at close range, or by means of towels, etc. They occur more frequently in children because of the closer contact.

Colds may be more effectually prevented by avoiding close contact with those who have the disease than by attention to clothing, weather, and the like.

When we come to realize the difference between hay-fever, which is of vasomotor origin, and the common cold due to germ action, the community will gain. The objection to drafts and wet feet, which causes the community to shut itself up in tight rooms, is due to the fear of *catching* cold by exposure, when in fact it is caught by exposure to close contact with one another.—*A. Coolidge, Jr., M. D., in Boston Medical and Surgical Journal, July 14, 1910*

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## Municipal Aspects of Rest and Recreation

(Concluded from page 546)

gether representatives of all the boys and say to them: "There is through traffic on such and such streets; if you will be with me, I will recommend to the aldermen that the ordinances of the city be changed so as to allow playing blind man and certain other games on other streets, providing the people do not complain. If you make a lot of noise, the people will complain, and it will be stopped. You, on your part,

are not only to stop playing on those streets marked in red, but you are to see to it that it is stopped,"—I believe that such a course would make those boys feel that they were a part of the city.

The playgrounds can never be made to provide for the needs of all the children of the city. We must use the other facilities we have in a judicious, wholesome way, going ahead cautiously and finding what we can do.

# Is Prohibition Alone Sufficient to Arrest the Liquor Traffic ?

*L. G. Wagner*

**E**VENTS seem to be answering this question in the negative; but facts do not always mold opinion; and on this, the greatest moral problem in the world, we meet a diversity of opinions, and many organizations have arisen to impress some of these opinions upon the public mind.

Some may be right, and some must be wrong; for they can not all be right. It is recognized that in matters of public policy public sentiment rules; and if this public sentiment can be educated up to a certain point, it may be crystallized into law. Most of our laws are the outcome of public sentiment.

This can never make right that which is morally wrong. Upon this principle the constitutionality of the saloon must stand or fall. The issue, then, turns upon the character of the saloon business.

So long as we as a nation are in the clutches of a traffic which controls more money, produces more poverty, causes more crime, and blights more lives than any other evil, the American home is not safe.

Think of the fact that of the children of inebriates only seventeen per cent are healthy, as compared with eighty-two per cent healthy offspring of non-drinkers; consider, if you will, that for every sixty thousand dollars received annually for liquor licenses there is an average of five hundred boys, saying nothing of girls, sacrificed on the altar of intemperance; in other words, that for every one hundred twenty dollars the government receives in liquor license, it gives one boy to the traffic! Experience has taught us that this deplorable condition can not be relieved by regulating the cause, the open saloon.

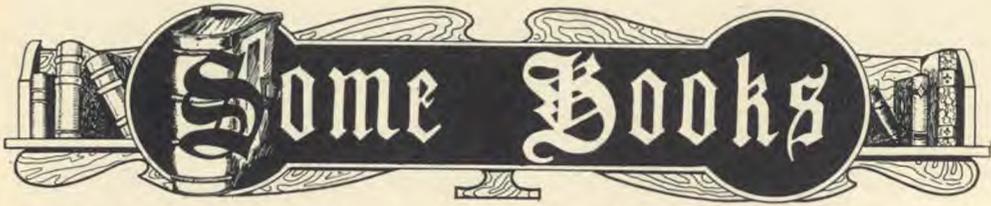
It is no uncommon thing in dry territory to see the liquor demon as a hidden cancer, gnawing at its very vitals, while the temperance people settle back with a feeling of self-satisfied security, as much as to say, "We did it," and do nothing more, save to say, "God bless you!" to their neighbors who are still struggling with the liquor demon.

Something more powerful than law, an influence far greater than the ballot-box and more effectual than election-day sentiment, must be developed if permanent results are to be expected.

The prohibition question is too complicated to be left to political machines, organizations, and the federation of churches; there is an individual responsibility resting upon every true American, which these organizations can not carry. To come to the real solution of the problem, we must reach the heart of every indulger in intoxicating beverages.

In Michigan the "Temperance Symposium" has proved of inestimable value. The worker goes into a town, if not already a resident, studies the situation, and makes out a program to meet the local conditions. On this program he secures the best local talent among the laity, business men, etc., and all the vocal and instrumental music available. A hall or church is secured, and decorated with flowers and appropriate banners. This, with the co-operation of the local newspaper and of all Christian people, assures a full house and all expenses paid.

In this way the people educate themselves and their friends. Soon it is the talk of the town, and an agitation is created, and a great army of loyal temperance workers is the result, the influence of which knows no end.



# Some Books

**The Broadland's Cookery Book**, by Kate Emil Behnke and E. Colin Henslowe. The Macmillan Company, New York, \$1 net.

This is frankly a reform cook-book, advocating a non-flesh, simple dietary, thorough mastication, and the avoidance of condiments, sugar, salt, and tea and coffee. To a certain extent it advocates the preparation of foods without the aid of cooking.

The recipes, in the main, are excellent, and are well arranged for ready reference, though they do not in all cases seem to conform to the principles of simplicity advocated in the first section.

At the close of the book are given three types of menus: 1. One of varied and savory nature, for those who do not feel prepared to adopt the simple diets—a kind of first-degree initiation into the simple life. 2. A simpler diet—the second degree. 3. "The ideal diet," prepared in accordance with the principles outlined at the beginning of the book, and consisting largely of fruits and nuts.

**Out-of-Doors**, by M. Ellsworth Olsen, Ph. D., Pacific Press Publishing Association, Mountain View, Cal.

Jacob Riis, in his introduction to this charming little book, says: "Civilization has been making of the world a hothouse. Man's instinct for self-preservation rebels; hence the appeal for the return to the simple life that has been growing loud."

One would almost think the author wrote under the inspiration of some wooded and watered landscape, so realistic is his expression of sympathy with nature in her various forms, were it not for the quotation marks that adorn nearly every page, and give a strong suggestion of the library.

As the author says: "We are as strangers in our own country, because our studies have been so largely confined to books." May the little book accomplish its purpose of calling the desk-worn, and the counter-worn, and the shop-worn, and the library-worn to the out-of-doors.

**Social Forces**, by Edward T. Devine, editor of the *Survey*, and general secretary of the New York Charity Organization Society, Charity Publication Committee, New York, \$1.25.

Of considerably more than a hundred editorials written under the heading "Social Forces," in the *Survey*, twenty-five were selected as chapters in this volume. These chapters embody the social beliefs of which Dr. Devine has long been a successful advocate,—his "New View"—a prophetic view, shall we call it?—of a social order in which wrongs shall be righted, crime and disease prevented, and an approach to equality of opportunity be secured for all.

And it does not by any means seem an impossible program. The fight against crime and poverty and disease is largely a fight against certain moneyed interests which profit, and which are perpetuated, by these social cancers.

**How to Help**. A Manual of Practical Charity, by Mary Coynington, M. A. The Macmillan Company, New York, \$1.50 net.

This book is more than its name implies. It is in fact a careful study, within the prescribed space, of the sociology of the dependent classes—a practical handbook prepared by a practical sociological worker, intended for the use of busy men and women who feel some responsibility for right treatment of the want which appeals to them from every side, the volunteer worker who wishes to make his help as effective as possible, and the professional worker who feels the need of both an office manual and of a convenient summary for the guidance of inexperienced assistants and friendly visitors.

Any person who feels in the least called upon to assist his less fortunate fellow men will find much valuable and well-digested information in this book.



## Announcement of Articles on Hygiene and Kindred Subjects Which Appear in the Current (September) Issue of the Magazines

### American Motherhood, Cooperstown, N. Y.

- "Circumcision," Fayne Merriman.
- "How to Make a Schoolboy," Marian Foy.
- "The Lying-in Room," Dr. Emma F. Drake.
- "The Furnishing of a Child's Bedroom."
- "Money and the Child."
- "Training the Father," Harry E. Bartow.

### Cooking Club Magazine, Goshen, Ind.

- "Spring Lambs and Summer Babies."
- "On the Road to Beautyville."
- "A Little Lesson in Physiology."
- "Sense and Sentiment."
- "Seasonable Menu Suggestions."
- "In the Housewife's Domain."

### Country Life in America, New York.

- "Bringing the Country Into the City," Wilhelm Miller.
- "Cutting Loose From the City," Alfred Talbot Richardson.
- "At the Stream's Source," Enos A. Mills.

### The Garden Magazine — Farming, New York.

- "Little Gardens on Crannied Walls," H. S. Adams.
- "Choosing a Site for a Garden," W. S. Rogers.
- "Children's Gardens Everywhere," Ellen Eddy Shaw.

### Good Housekeeping Magazine, Springfield, Mass.

- "The Normal Baby," George F. Dawson, Ph. D.
- "The Rational Care of the Hair," Catherine Bibby.

### The Mother's Magazine, Elgin, Ill.

- "The School Luncheon," Lily Hayworth Wallace.
- "Banishing Tuberculosis," Theo Freeman.
- "Teeth of the Young Mother," Theodore Elsman, D. D. S.
- "Care of the Convalescent Child," Kate Davis.
- "Working Under the Open Sky," Dennis H. Stovale.

"The Cold Wave Which Struck the Nation's Children," Addison C. Baker, M. D., of the National Red Cross Society.

### National Food Magazine, Chicago.

- "Fruit-Bearing Trees as Shade Producers," Victor Ayer.
- "The Living Customs of Germany," Rutledge Rutherford.
- "Violations of the National Food Law."
- "Health Hints."

### The Progress Magazine, Chicago.

- "The Woman Movement," Prof. Geo. B. Foster, of Chicago University.
- "Agricultural Awakening in the South," Jay F. Durham.
- "Stray Lessons for a Happy Life," Lillian S. Jarrett.

### Success Magazine, New York.

- "New Animals for America" (an article on the food question), Capt. F. Duquesne.
- "The Society Girl's Ideals" (an article on marriage), by Robert Haven Schaffer.
- "Milwaukee Our First Socialist City," Charles Ed. Russell.
- "Fun in the Home," an editorial by Dr. Orison Swett Marden.

### Woman's Home Companion, New York.

- "The Doctor's Page," Jean Williams, M. D.
- "Seasonable Menus," Fannie M. Farmer.



(August)

### The Delineator, New York.

- "Canning Vegetables in the Home."

### Technical World Magazine, Chicago, Ill.

- "Campaigning Against the Fly," George P. Cheney.
- "Pellagra Caused by Gnat?" Rene Bache.
- "Measles and the Mouse," Richard E. Benton.
- "Search for Elixir of Life," Edfrid Bingham and Wilfred Roques.



**Women Smokers.**—In England, smoking among women is increasing. Dr. Osler says that as a result there is an increase of angina pectoris and of other heart troubles among women.

**New Russian Method of Assassination.**—In St. Petersburg there has been discovered a band of assassins who have been accomplishing the base purpose of taking the lives of notable personages by mixing cholera germs with the food of their victims.

**Directions for Sleeping Outdoors.**—Any one who desires specific directions for preparing an inexpensive outdoor sleeping place should send five cents to the Pennsylvania Society for the Prevention of Tuberculosis, for a copy of the July number of the *Fresh Air Magazine*. By means of the illustrations and the plain directions, one can at small expense prepare a serviceable outdoor sleeping apartment.

**The Grass in New York Parks.**—It is refreshing to see in the city of New York the grass being used by those who have little or no other means of coming in contact with nature. "Keep Off the Grass" signs are being abolished, much to the enjoyment of the small boy and the little girl, as well as those of older years. Why was it ever thought necessary to deny city children this little bit of contact with nature?

**Educational Health Work in Chicago.**—The department of health is conducting educational efforts, in order to save baby life, in nine distinct lines: 1. Lectures in the higher grammar grades on baby feeding and care. 2. Lectures to mothers, by physicians, in foreign languages. 3. Moving pictures on health topics. 4. Lectures on the care of the baby, printed in nine languages, and distributed where they will do the most good. 5. Weekly bulletins of health, reaching physicians, health workers, school-teachers, clergymen, settlement workers, etc. 6. Special bulletins sent to the papers published in other languages. 7. Posters and placards with instruction in hygiene, posted in public places. 8. Illustrations of statistical data furnished clergymen for addresses. 9. A midwives' correspondence school, sending out instruction every two weeks to every midwife in the city.

**Bare Feet Are Warmer.**—Experiment has demonstrated, so we are informed, that when the habit of going barefoot has been established, the feet are warmer than when shoes are worn.

**A New Disease, "Straw Itch."**—In New Jersey, Pennsylvania, Ohio, Maryland, and Indiana there have been reported outbreaks of a skin disorder which comes from sleeping on straw mattresses. It appears to be due to a small mite which lives on grain, especially wheat, preying on other insects. The insect burrows into the skin of the sleeper, causing a hive-like eruption, with severe itching, which finally develops into pustules.

**Campaign to Save Babies.**—There were doctors, nurses, health officers, and other workers, five hundred of them, working in the congested Chicago districts during the heated season, giving instruction to mothers, and ministering to sick babies. The work was conducted under the auspices of the Infant Welfare Committee, which is a coalition of the forces of the department of health, the United Charities, and the Visiting Nurses' Association.

**Water Taken at Meal-Time.**—Cohnheim, of Heidelberg, has shown that when water is drunk at meal-time, it does not mingle with the solid food, but a funnel is formed by the horseshoe-shaped band of muscle along the lesser curvature of the stomach, and the water is quickly discharged into the duodenum. This, if true, would indicate that there is not the danger sometimes feared of diluting the digestive fluid by an occasional sip during meals.

**Leprosy in England.**—Some anxiety was caused recently by the presence of a case of leprosy in a London infirmary. It is not generally known that there are constantly about a hundred cases of leprosy in England—clerks going about their daily work, children attending school, and the like. The patients keep it secret, and the physicians do not divulge it, on account of the popular prejudice and fear. Not a case is known to have developed from contagion in England. Every known case has come from some other country where leprosy is established. The physicians who have to do with these cases do not consider leprosy to be contagious.

**Every School to Have an Open-Air Room.**—The board of education of Pawtucket, R. I., has adopted as its policy the slogan, "One open-air room in every new school in Pawtucket." The architect preparing plans for new school buildings has received instructions accordingly. This is a remarkably progressive move, for Pawtucket established its first open-air room this spring.

**American Public Health Association to Meet in Milwaukee.**—The American Public Health Association will hold its thirty-eighth annual meeting in Milwaukee, Wis., September 5-9 next. Representatives from many of the national organizations working in the interest of the public health have been invited to be present, to discuss methods for the correlation of the work of such organizations, and to co-operate with a view to increasing efficiency and economy. Sanitary engineering will occupy a conspicuous place on the program. This association is the oldest national sanitary organization in the United States. Its membership extends over the United States, the Dominion of Canada, Mexico, and Cuba. Information concerning it can be obtained by addressing Dr. Wm. C. Woodward, secretary, Washington, D. C.

**A Sane Fourth.**—From all over the land come reports from cities large and small of fewer casualties than usual as a result of Fourth-of-July celebrations—fewer accidents, fewer deaths, fewer fires. But in Chicago, on account of the substitution of "display" pyrotechnics in place of the old-time firecracker and bomb, there were more disastrous fires—186 altogether—than at any time since the great conflagration. The "Sane Fourth Association, Incorporated," a permanent association which had charge of the celebration this year, will plan for a still saner Fourth for Chicago next year.

**Clean Milk and the Health of Rochester.**—During the ten years since the beginning of the pure-milk campaign, there have been one scarlet fever epidemic, with one death; one diphtheria epidemic, with one death; and three typhoid epidemics, with five deaths. In the thirteen years from 1884 to 1897, when there was no systematic milk work done, there were 9,610 deaths under five years. In the thirteen years from 1897 to 1909, there were 6,721 deaths under five, a reduction of thirty per cent in mortality due to improved milk conditions. It amounted to a saving of 2,889 baby lives, a reduction of four baby funerals a week during the entire thirteen years!

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**Lambert Pharmacal Company, St. Louis, Mo.**

**Digestibility of Eggs.**—Recent investigations result in the report that lightly cooked eggs are the most digestible, then raw eggs, then buttered eggs, and finally hard-boiled eggs, and omelet at the end of the list.

**Rochester and Clean Milk.**—Thirteen years ago, the first attempt was made to improve the milk supply by municipal control. Ten years ago a statement was made to dairymen that milk having more than one hundred thousand bacteria per cubic centimeter would be accepted as proof that there was something wrong in the methods of collecting the milk. Now, the milk inspector not only inspects, but gives practical instruction in the elements of dairy cleanliness, showing that clean dairying prolongs the lives not only of the consumers, but also of the dairy cows. Eight hundred farms are inspected from two to five times yearly, and four thousand samples of milk are collected and analyzed.

**Frequent Feeding and Digestive Disorders.**—Investigators tell us that when solid food is eaten, the last part displaces outward that which went before, and occupies the center of the mass in the stomach. But with milk the opposite occurs: the first milk curds, the next portion flows around it and curds, and so on, thus forming successive layers like an onion. As the gastric juice acts on the outside layers first, it may never reach the center if the feedings are too frequent; and as the milk always contains germs that will multiply rapidly at body temperature, this central mass, without sufficient germicidal gastric juice to inhibit the action of the bacteria, may become the seat of irritating decompositions, and the formation of acids and other harmful compounds.

**Bovine Tuberculosis.**—Dr. W. H. Park, in an address before the New York Academy of Medicine, reports the result of the study of 434 cases of tuberculosis. Of 297 adult cases, there was only one of bovine origin, a case of disease of the kidney. Not one of the 278 lung cases was of bovine origin. Of 54 cases, from five to sixteen, nine, or one sixth, were of bovine origin. Of 84 children under five, 22, more than one-fourth, were of bovine origin. Something over two per cent of all cases were of bovine origin. Of 40 fatal cases, four, or one tenth, were of bovine type. In little children, probably ten per cent of all tuberculosis deaths are of bovine origin. Thirty per cent of the cases of tuberculous glands are of the bovine kind. In England, the proportion of bovine infection of human beings seems to be greater, in Germany less, than in this country.

**Moving-Picture Study of Physiology.**—Some German physicians have made use of the moving picture in connection with the X-ray in order to represent the movements of the stomach. According to their observations, a fold forms in the stomach wall above the pylorus, protruding inward, and growing larger and longer, the tip curving more and more toward the pylorus. The fold seems, in the moving picture, to act as a shovel, forcing the stomach contents out through the pyloric opening. The fold then disappears, and forms again. The originators of this "bioerontgenography," as they call the process, believe it will prove a valuable means of diagnosis in diseased conditions.

**Mosquitoes and Filariasis.**—A Japanese who had resided in California for a number of years was found to harbor filarial embryos in his blood. Three Oakland physicians, after experimenting with the culex mosquitoes indigenous to the counties surrounding San Francisco Bay, arrived at the conclusion that these mosquitoes are not capable of transmitting the filaria, and that hence the presence of Japanese having the parasites is not a menace to Californians. "It is probably not too much to say, in view of these findings," the report closes, "that there is probably little danger that Orientals who are infected with filaria will infect the inhabitants of San Francisco Bay cities under present conditions."

**Typhoid Conditions in Milwaukee.**—A special commissioner sent by the American Medical Association to Milwaukee to investigate the typhoid conditions there, found that in the years 1869-1874 there was an excessive prevalence of the disease. The introduction of a public water supply and the abandonment of shallow wells gradually reduced the typhoid mortality. Still the typhoid rate was high, with a mortality of more than thirty per hundred thousand population, until the water intakes were extended six thousand feet farther out into the lake. This was followed by an immediate drop in the typhoid rate to about half. But as the city grew, and the amount of sewage dumped into the lake increased, the typhoid gradually increased. The report states, in conclusion, that "when millions of gallons of sewage are discharged into a lake a few miles from the water intake, it needs no divining rod to detect the possibilities of danger." Yet the author recognizes that in Milwaukee, as in Washington, there is probably some yet undiscovered means of transmission which will some day throw new light on typhoid epidemics.

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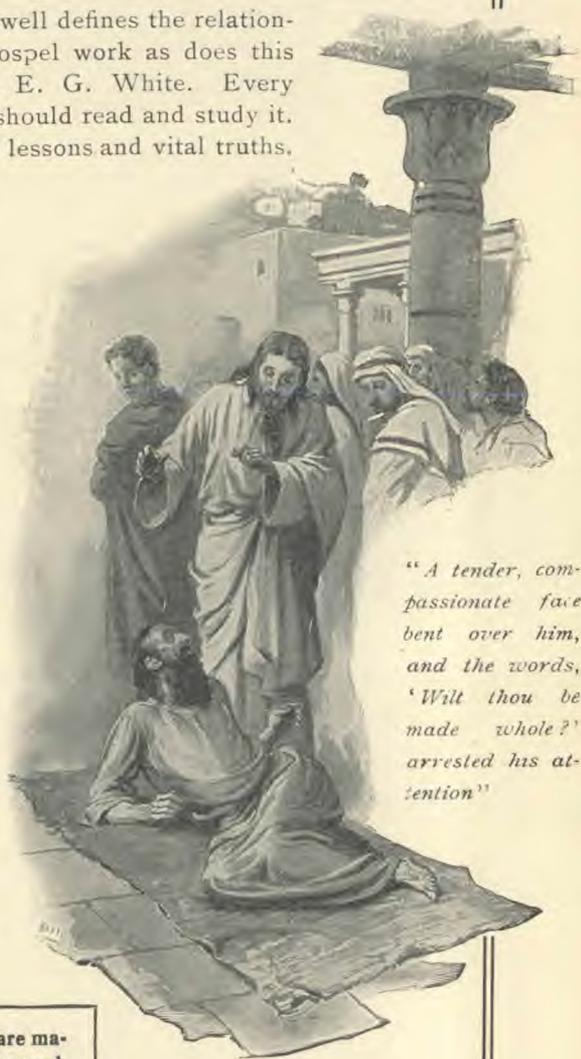
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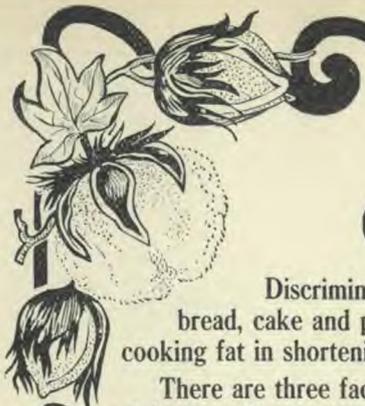
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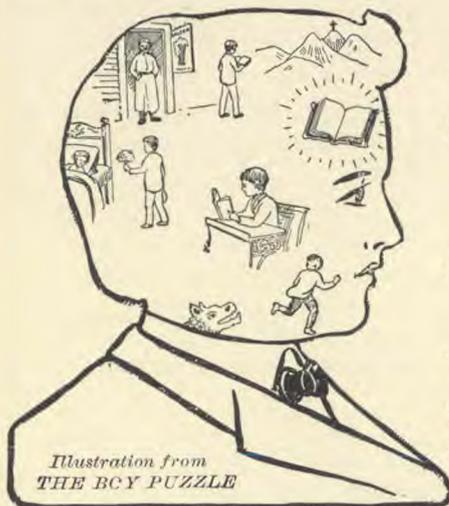


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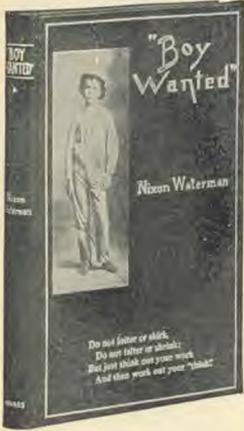
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Is Contagious

## Saint Helena

Thirty years ago the St. Helena Sanitarium was founded on the sunny slope of one of the foothills of the Howell Mountain. For thirty years, nestled in the sheltered nook selected by its founders, it has grown and prospered. Today it is the best-known sanitarium on the Pacific Coast.

Located 750 feet above sea-level, with an unsurpassed view over the beautiful Napa Valley, 500 feet below, surrounded by a wealth of Californian verdure, and sparkling crystal springs, the St. Helena Sanitarium has been favored by a fortunate combination of conditions conducive to health-building.

### Sick People Get Well at St. Helena

They go away and tell others of the delightful climate, the beautiful scenery, the pleasant, homelike accommodations and appetite-creating cuisine, and — what is not of least importance — the excellent medical attention and health training which each patient receives. This has been for thirty years our best advertising — satisfied patrons.

We can not tell you very much about the sanitarium in this small space. Let us send you our illustrated booklet. This will give you a better idea of the place, its surroundings, and its advantages.

Ambulance will meet all trains when required.

St. Helena-California Sanitarium  
Sanitarium Napa County California

THIS COUPON, filled out, detached, and mailed to us, will bring you a free illustrated booklet.

L&H

MAIL THIS COUPON

St. Helena Sanitarium,  
Sanitarium, Cal.:

Please send your free illustrated booklet to:—

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